HEALTH

SACRAMENTS

Workbook

2017

Genesis II Church
CREED



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Message from Jim Humble

For a long time, I had been dreaming a dream that many others have also dreamed of a time when we will live in a world of peace that is free of disease. Then one day, while prospecting for gold in a jungle rain forest in South America with eight men as my helpers, two of the men suddenly became extremely ill with malaria. I sent two of the other men running to the nearest mining camp that might have malaria medicine. Even though they were running, we knew the trip would take at least two full days. I remembered the stabilized oxygen liquid drops that I had brought along to purify jungle water. It had already been established in America that these drops sometimes helped overcome diseases. I asked the sick men if they would like to try the drops. Vomiting and sick with high fever, chills, and extreme pain, the men were happy to try anything. Almost immediately, their symptoms began to subside. Their headaches vanished, their temperatures returned to normal and four hours after taking the drops, they enjoyed an evening meal.

The power of the drops, which had already been used in America for more than 60 years, was once again proven. Clearly this was a gift that heals, a visible form of grace; a health sacrament. With this new wisdom, I was able to create a plan and the tools to bring about the dream of a world without disease.

Today I invite you to share the dream and participate in the Genesis II Church. This can bring a new, high level of good health into your life and the lives of your loved ones. It is simple, inexpensive, and easily doable. Through the Genesis II Church and its sacraments we can all live free of disease in a world of peace.

The Genesis II Church is the first Church created solely for the purpose of serving mankind. Please stay in touch with us. Let us know how your work is going and what you need to fulfill our shared dream.

As always with love,

Archbishop James Humble

Important definitions to know:

1. 1 cc (ml) of any liquid contains 20 drops.
2. cc's and ml's measures the same volume of liquid. 1cc = 1ml
3. 1 ounce (oz.) contains 30 cc or 30ml
4. MMS - means not activated MMS (Master Mineral Solution)
5. MMS1 (A.K.A. MMS Classic) means activated MMS.
6. CDH – Chlorine Dioxide Holding
7. CDS - Chlorine Dioxide Solution.
8. MMS2 - Calcium Hypochlorite.
9. CDI - Chlorine Dioxide Injectable.
10. PPM - Parts Per Million.
11. PH – Potential of Hydrogen
12. CDS & CDH are measured the same
13. HCL – Hydrochloric Acid 4-5%
14. DMSO – Dimethyl Sulfoxide
15. AZ – Aztec Clay, Bentonite, Montmorillonite
16. DE – Diatomaceous Earth
17. Always label your Sacraments!!!

Note: Main things that neutralize Chlorine Dioxide are: Vitamin C ,antioxidants, coffee,tea,milk,alcohol,chocolate,supplements and many medications.

LEARNING THE HEALTH SACRAMENTS AND PURIFICATION PROTOCOLS OF THE GENESIS II CHURCH

This workbook is designed to learn in an orderly manner by learning one step at a time and only going forward after adequate understanding of each step is reached. Each item on the following list is explained in this booklet. Many are covered in video explanations which will be provided to help review and retain this important information.

Using the Home Video course and this workbook will facilitate the review of the lessons when you are ready to put them into practice. (Space for personal notes are available in every section.)

The following information has been taught and standardized by the Genesis II Church worldwide. We have developed protocols for each one of our Health Sacraments. These Sacraments are our "cleansing waters" to rid the body of pathogens and toxins that cause dis-ease in the body. Our Health Sacraments are sacred to us, as well as the belief that our ability to control our personal health is God-given. We believe that all of us have the unalienable right to "self-treat" our own bodies with whatever we deem necessary to maintain and/or "restore health". From the making of the "Cleansing Waters", to the protocols of our Health Sacraments and how to use these for various health issues will be covered in the following lessons. We encourage everyone studying these very important protocols to make notes and use this workbook to review and teach others. With this information, you will be equipped to help the Genesis II Church to rid the world of dis-eases!

Introduction

Making of Genesis II Church Sacramental Waters

The Genesis II Church Sacraments

Testing PPM (Parts per million) of Chlorine Dioxide

Sacraments for specific areas of the body

Eliminating or improving taste

Purifying water

Specific Protocols

Other Beneficial Sacramental Products

Other Methods sometimes necessary

Miscellaneous Information

Cleansing Water (MMS1), CDS and CDH Health Sacraments

Other formulas that produce Chlorine Dioxide: I would like to mention three other forms of MMS--CDS (Chlorine Dioxide Solution) and CDH (Chlorine Dioxide Holding). Although, all these forms work in slightly different ways, all these forms of MMS have been successful in helping people restore their health.

It is important to understand the difference in the use of these four liquids. MMS1 are used mostly for indirect contact, and Cleansing CDS or CDH are mostly but not exclusively used for direct contact. So when we say indirect contact, we refer to unhealthy conditions in the body where there can be no direct contact from the liquid, usually because it is necessary for the Chlorine Dioxide to travel through the stomach, and partially through the intestines before it enters the blood, and is carried by the blood to the unhealthy area. On the other hand, the cleansing CDS and CDH are almost always used to contact the unhealthy condition directly. For example, an infected eye or unhealthy skin conditions of some kind, or a problem in the colon where an enema can be used, or where a douche would touch an unhealthy condition. An example of indirect contact would be of bringing health to those with malaria; because the malaria parasites are in the blood, the parasites cannot be contacted directly. The MMS1 must travel through the stomach and into the intestines before it enters the blood and thus the MMS1 cannot be put directly onto the malaria parasites. The potency of CDS and CDH **could be** affected when they come in contact with the stomach's acid, (HCL). If a person is trying to restore health from a life-threatening, he or she needs to be ingesting the most potent form of Chlorine Dioxide we can produce and drink. We have seen many not have a complete healing from the oral protocols when made with CDS or CDH. For one year we exclusively used CDS in our restoration centers and although saw good results, we had to increase the potency of each dose to very high which caused much discomfort. After switching back to using just the drops, we've seen quicker results without using "strong" doses and not much discomfort at all. **The Starting Procedure** that Jim has developed recently is making it much easier with virtually no discomfort. CDS and CDH at those very weak doses don't have much potency at all. Those that deal with Autism and used CDS had no recoveries using CDS and when they switched back to MMS1, they started seeing total recoveries again! Therefore, we only recommend MMS1 when ingesting our sacraments for health restoration.

It might be possible to use CDS intravenously which would then contact the malaria parasites bringing health to the body, but that research is yet to be tried. At this point in time, in order to bring health to a malaria victim, it is necessary to give our cleansing water, (MMS1), to the sick twice, with two 15 drop doses one hour apart. CDS or CDH are very effective when applied directly on unhealthy conditions. It is possible however to use CDS and CDH in very high strengths as opposed to MMS1 to anoint those with unhealthy skin conditions of all kinds. This is also true with snakebites, stingray stings, and bee stings.

REMEMBER: The best **proven** way to ingest Chlorine Dioxide, (MMS1), is by the preparing the hourly drops! The following lessons will explain how to do that proficiently.

Important information about Sodium Chlorite and Chlorine Dioxide

The main ingredient used in our Cleansing Water - which is the basis of most of our protocols - is Sodium Chlorite at 80-90%. Sodium Chlorite is used safely worldwide to purify water. The 80% concentration is more readily found worldwide than the 90%. We prepare a 28% solution which is in reality 22.4% because we start with an 80% powder and not 100%. If it were 100% sodium chlorite powder, then it would be a 28% solution.

When Sodium Chlorite solution is acidified with a food grade acid like Citric Acid, or 4-5% HCl, (Hydrochloric Acid), there is a chemical reaction which produces Chlorine Dioxide. Chlorine Dioxide is known worldwide as a safe broad spectrum antimicrobial agent that kills 99% of pathogens **by Oxidation**. Chlorine Dioxide will also oxidize and eliminate heavy metals and toxins in the body. The average 3 drop dose used in the Sacramental Protocol 1000 contains 30 PPM of Chlorine Dioxide and .0004% of Sodium Chlorite. Chlorine Dioxide is used worldwide in the cleansing of meats before packaging, and sprayed on fruits and vegetables to kill pathogens without ever being washed off because the residue is non-toxic to humans and animals.

See: http://mmswiki.is/index.php?title=Basic_Science_of_MMS for more information.

Note: We do not ingest Sodium Chlorite at 22.4% ever! It is an industrial bleach used in the textile and paper industry. When you make a standard 3 drops dose of MMS1 and add it to 120 ml or 4 ounces of water you are ingesting .0004% of Sodium Chlorite which is completely safe to ingest and way below the LD50 or lethal dose. Bleach is Sodium Hypochlorite!

2 - Making Sacramental Cleansing Water (MMS) - 850ml, – Video #2

We, at the Genesis II Church, believe in keeping it simple and understandable. You will need a scale that measures grams to accomplish this task, and some basic house utensils. We will be using 80% Sodium Chlorite powder for this solution of MMS. Ok, here we go…

- Add <u>280</u> grams of 80% Sodium Chlorite powder or crystals to a Pyrex or glass bowl. You can also use a hard-plastic bowl.
- Then add <u>720</u> grams/ml of distilled water to the bowl and stir until it becomes a clear yellow color. Only use a plastic object to stir the solution.
- If you need to heat the solution to dissolve quicker than usual, then heat the solution until it becomes a clear yellow. Do not allow the temperature to go over 150 degrees. Remove from heat.

After 3-4 hours, the yellow will fade and the solution will look like water - it will not have any scent.

This will produce 850ml of MMS or 28.74 ounces (7 – 4oz. bottles)

If you have a 90% powder the measurements would be 249 grams of Sodium Chlorite and 751 grams/ml of distilled water.

To make sure you have a 22.4% solution of MMS:

- Weigh 100ml of the solution and you should get between 120 grams - 124 grams.

Put the solution into <u>well-marked</u> bottles.

NOTE: NEVER LEAVE CLEANSING WATER SITTING IN AN OPEN CONTAINER OR UNMARKED CONTAINER. IT LOOKS AND SMELLS LIKE WATER, AND SOME PEOPLE HAVE BEEN HOSPITALIZED AFTER DRINKING IT, THINKING IT WAS WATER.

Label every bottle and lids to eliminate an accident and cross contamination.

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2a. - Making Cleansing Water (MMS) Jim's original formula

Decide how much you need to make and put that amount of water into a glass container. Use a gram scale to determine how many grams of water you are using. In Jim's video, it is 635 grams. To determine the amount of sodium chlorite, multiply 635gr x .28 =177.8gr.

- 28 % of this weight must be sodium chlorite. Therefore, (in Jim's situation) it is necessary to remove 177.8 grams of water and to add 177.8 grams of sodium chlorite powder.
- Stir the solution until dissolved by heating the solution until it becomes a clear yellow. Do not allow the temperature to go over 150°F (65°C). Remove from heat.
- After 3-4 hours, the yellow will fade and the solution will look like water; it will not have any scent.

Put the solution into **well-marked** bottles.

NOTE: NEVER LEAVE CLEANSING WATER SITTING IN AN OPEN OR UNMARKED CONTAINER. IT LOOKS AND SMELLS LIKE WATER, AND SOME PEOPLE HAVE BEEN HOSPITALIZED AFTER DRINKING IT, THINKING IT WAS WATER.

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3 - How to reduce 35% HCL (Hydrochloric Acid) to 4% HCL solution – Video #3

Hydrochloric Acid is found naturally in the human stomach. This is why it is more tolerable than Citric Acid which is not found naturally in the human body. We have had much better success and less "bad reaction" using 4% HCl than Citric Acid. We recommend using HCl as an activator.

To create a 4% solution of HCL from a higher strength, you must divide the strength of the solution you have by 4 to determine how much you need to dilute your HCL.

1. Divide the strength of your solution by 4
2. If you have 35%, divide that by 4% and you have 8.75 parts
3. 1 part must be the 35% HCL and 7.75 parts is distilled water.

4. So…. If you have 100ml of 35% HCL (1 part), then you will need 7.75 parts x 100ml = 775ml of distilled water.

5. Add the 100ml 35% HCL to 775ml of distilled water and you will have 875ml of 4% HCL!

4 - How to make a solution of 50% citric acid – Video #4

1. Measure out the amount of citric acid you wish to use.

   i.e.: 500g citric acid and 500ml water - makes 750ml

2. Measure out by volume the exact same amount of water.

3. Mix the citric acid and the water - the solution will turn cold.

Store the solution in **clearly marked bottles**. It will last a year.

To use citric acid that is more than a year old, reheat for 5-10 minutes and it will be good for another year.

NOTE: We use the citric acid activator more for making CDS and gassing protocol. Not for oral applications, it is too bitter! The citric acid is not found naturally in the body as HCl so stomach aches and diarrhea as side effects of the citric acid. Therefore, we changed the activator to 4-5% HCL.

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Making Chlorine Dioxide Solution

Chlorine Dioxide is an acidified form of Sodium Chlorite which immediately starts to change into Chlorine Dioxide when an acid is added.

The acid brings the pH down from 13 to an acidic condition pH 4.5-6.5 causing the NaClO2 to change into CLo2 – Chlorine Dioxide.

The more acid added the quicker chlorine dioxide is released, and at a faster rate.

5 - Making Cleansing CDS “The Easy Way” - Video #5

NOTE: The activated drops are more effective and last longer in the body than equivalent concentrations of CDS and CDH for protocols that call for ingesting orally.

Equipment and Sacraments needed:

1. 1-liter distilled water
2. A 2-liter capacity wide mouth glass jar (with plastic cover)
3. A glass CUP that fits in jar
4. 1 plastic bag
5. 100 ml/cc of MMS
6. 100 ml/cc of citric acid 50% or 5% HCL

Instructions:

Start by putting 1 liter of distilled water into your glass jar.

Pour 100 ml/cc of citric acid 50% or 4-5% HCL into the glass CUP. Slowly add 100 ml/cc of MMS into the glass CUP (Pour slowly or the solution will activate to quickly and foam up and possibly over flow)

Place CUP into the distilled water making sure the opening of the CUP is above the distilled water, allowing the Chlorine Dioxide Gas to saturate the distilled water.

Place the plastic bag over the mouth of the jar and twist slowly using the bag as a seal.

Store in a dark area out of sunlight for a minimum of 12 hours.

- Be careful when moving the jar as not to allow the activated solution to spill into the distilled water.

After 12 hours - carefully open the jar and when removing the plastic bag DO NOT breathe in the gas that will escape. Keep your face away from the opening and let it air out.

Remove the glass from the jar and to dispose of the solution there are a few options. – If you have city sewerage it is ok to dispose of in your sink

Results: You now have 1.2 liters of 3,000 ppm of Chlorine Dioxide Solution.

NOTE: If you have a septic tank, do not pour into your sink. Instead pour outside. It will kill the bacteria in your septic tank and it will overflow. If you have town sewerage, it is ok. You now have 1 Liter of 3000 PPM of CDS. We suggest you seal in a GLASS bottle or jar in the refrigerator to preserve

for a longer period. **Clearly Label the bottle.**

To Stabilize CDS:

For every 100ml/cc of CDS add 2ml/cc of MMS. This makes the CDS not so reactive and brings the ph.

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6 – Making Cleansing CDH (Chlorine Dioxide Holding Solution) Video # 6

Equipment and Sacraments needed:

1- 1-liter glass bottle with water tight seal plastic cap.

2- 500 ml/cc of Distilled water.

3- 25 ml/cc of MMS

4- 25 ml/cc of HCL 5%

Instructions:

Pour 500 ml/cc of the distilled water into the 1-liter glass bottle.

Add 25 ml/cc of MMS to the distilled water.

Add 25 ml/cc of HCL 5% to the distilled water and MMS mixture.

Tighten your cap on the bottle as much as possible and gently tip it back and forth to mix the MMS and Activator completely.

Place in dark cabinet for at least 12 hours.

Once the CDH is ready you should store in the refrigerator to preserve for a longer period.

Results: You now have 550 ml/cc of CDH at 3000 ppm.

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HEALTH SACRAMENTS and PROTOCOLS of the GENESIS II CHURCH

The Genesis II Church Sacraments are allies of your immune system. Its Health Sacraments are powerful oxidizers that detoxify the body and blood while killing pathogens. The main oxidizer used in these sacraments is Chlorine Dioxide, the #1 killer of pathogens in the world. Chlorine Dioxide is removing heavy metals, toxins, and kills pathogens by oxidation. The Church provides tools of personal responsibility for those who want to take charge of their health. Unlike pharmaceutical medicines, these tools are not toxic so one may use them as long as they wish.

Note: 90% of the world's diseases are being cured by beginning with Starting Procedure to Protocol 1000.

7 - The Starting Procedure Video #7

This Starting Procedure must be done before doing the following protocols of 1000, 2000, or 3000. It has been found that this procedure is very necessary for newbies and the very sick. Some people never reach the protocol 1000 and have had their "health restored". **Go slow and don't be in a hurry.** Back off and start over if there is any discomfort that cannot be tolerated. You don't want to get sicker by releasing toxins into your blood. Let the body eliminate these toxins slowly through the digestive system, lymphatic system or through the skin where 80% of the toxins are expelled. Sweating is good to detoxify.

***Note: Things that Neutralize Chlorine Dioxide are:**

Vitamin C, Any Antioxidant, Coffee, Tea, Milk, Alcohol, chocolate, many supplements and medications.

The first day of the Starting Procedure take 1/4th drop of activated MMS1 every hour for 8 hours. Follow these instructions.

Note: *In the case of a very sick person, start out the Starting Procedure with even less than the 1/4th drop dose which is suggested above. For an extremely sick person start with 1/8th drop every hour for 8 hours (for one day), then do the* **Starting Procedure**, *then begin Protocol 1000.*

Step 1. Use an empty, clean, dry, drinking glass. Tilt the glass slightly sideways and drop one drop of MMS1 so the drop goes to the corner of the down part of the glass. Drop one drop of activator on top of the MMS drop. Shake the glass a little to mix the drops.

Step 2. Wait 20 to 30 seconds and then use a cup to measure 1/2 cup of water to put in the glass... This is 4 ounces. Make sure the drops are mixed into the water.

Step 3. Then pour off one ounce of water and take it. That is 1/4 of the liquid now in the glass you can take it as it is or you can add some additional water to the ounce before you take it.

Step 4. Pour the extra 3 ounces down the drain. You won't be using them. YOU MUST MAKE UP A NEW DRINK EACH HOUR. Each MMS drink must be made up within 30 seconds before taking it and one should be sure to never wait more than 60 seconds before taking. (When using CDS or CDH since

1 ml equals 3 drops of MMS and 1 ml has 20 drops then 2 drops would equal approximately 1/4 drop on MMS. So, use 2 drops for this part.).

The 2nd and 3rd days of the Starting Procedure take 1/2 drop of MMS1 every hour for 8 hours a day.

Step 5. Follow the same 1 and 2 steps as above each hour. Then this time pour off 2 ounces and take them. That is the same as 1/2 of the liquid you now have in the glass. This, of course, gives you 1/2 drop.

The 4th day of the Starting Procedure take 3/4 drop of MMS1 every hour for 8 hours.

Step 6. Follow the same 1 and 2 steps as above. In this case it would be easiest to pour off 1 ounce of liquid and drink the rest which is 3 ounces of liquid. In other words you are drinking 3/4 of the 1/2 cup of water that you make in steps 1 and 2. At the end of day 4 you have completed the Starting Procedure. You should begin Protocol 1000 the next day by starting at the 1 drop point. Follow the instructions.

Note: We have noticed that people activating the MMS hourly seem to have more success in restoring their health.

8 - Health Sacrament 1000 - Use for most illnesses. Video #8

Do not start Protocol 1000 until you have completed the Starting Procedure.

Take 1-3 drops of Cleansing Water (MMS1) every hour, eight hours each day for three weeks or until healed. Begin with one drop an hour and increase over a day's time to three drops an hour. Should nausea occur, take fewer drops but do not stop.

Protocol 1000

This protocol alone has proven time and time again to restore health to people with a ***wide*** variety of disease such as Hepatitis A, B and C, HIV, arthritis, high cholesterol, acid reflux, kidney disease, any number of aches and pains, urinary tract infections, depression, diabetes, and the list goes on and on. Protocol 1000 is also helpful for a good general cleanse to rid the body of unwanted toxins that one often does not even realize they have. Many people report that they really didn't feel they had any major health problems, yet after doing Protocol 1000 they felt ***so*** much better—they had more energy and vitality and felt healthier overall after completing Protocol 1000.

The instructions given here are for the original, and what I like to call, Classic Protocol 1000. If you do further research you will find that we and many other people have tried various versions of Protocol 1000 over the years. While most all of the slight variations of Protocol 1000 have been successful, according to reports we have received from around the world the success has never been as good as the original protocol of **mixing the dose every hour.**

Time	Sacrament 1000
8:00 am	Breakfast
9:00 am	MMS1
10:00 am	MMS1
11:00 am	MMS1
12:00 pm	MMS1

Time	Sacrament 1000
12:30 pm	Lunch
1:00 pm	MMS1
2:00 pm	MMS1
3:00 pm	MMS1
4:00 pm	MMS1

(Wait an hour before dinner)

Making a 1 - 3 drop dose for Health Sacrament 1000

If you do not wish to make your own Cleansing Water (MMS), you can purchase it through Donation/Gift at Genesis II Church or from the approved list on the internet. It has a shelf life of four years. If you choose to make it yourself, go to "Making Cleansing Water" (MMS) - page 13

Directions for using substitutes for the 50% solution:

If you do not have a 50% citric acid solution, you may use lemon juice, vinegar 5% acidity or a 10% citric acid solution but in this case, you will use 5 drops for every drop of Cleansing Water. That would be 5 drops of lemon juice, or vinegar 5% acidity, or 10% citric acid to 1 drop of Cleansing Water. **Must wait 3 minutes for activation.**

To make a 3 drop dose:

In a glass, place 3 drops of Cleansing Water (MMS) and 3 drops of HCL 4% OR 50% citric acid solution. Mix them by swirling the glass around. Wait 20-30 seconds until the solution turns dark golden yellow or brown. (If you are using lemon, vinegar 5% acidity or 10% solution, you will need to wait 3 minutes.) The yellow or brown solution is now ready for consumption and should be added to a few ounces of water - usually 4 ounces, but you may use from 2 to 8 ounces.

Note: Things that Neutralize Chlorine Dioxide are:

Vitamin C, Any Antioxidant, Coffee, Tea, Milk, Alcohol, Chocolate, and many supplements and medications.

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8a - Making Cleansing Water doses for Health Sacrament 1000 for a full day, with a method of overcoming the bad taste – Video #8a

Get a 1-liter bottle or 1-quart bottle that has a secure top. With a permanent marker, mark the half point. Then mark the half points between the mark you just made, and the top of the bottle, then another on the bottom half of the bottle. The bottle now has four equal sections, mark the midpoint of each section. You now have eight sections - one for each Cleansing Water dose of the day.

To prepare your solution for the day:

- Decide how many drops you need for each hour: 1, 2 or 3.
- Multiply this number by 8. The amount will be 8, 16 or 24 drops.
- Put the appropriate number of drops of Cleansing Water in clean dry cup.
- Add an equal number of 50% citric acid or 4-5% HCL solution and activate.
- Wait 20 seconds until mixture turns dark golden yellow or brown, add to bottle.
- Fill the bottle with water or other beverage that has been tested to last 8 hours.
- Consume one dose each hour.
- *Directions for substituting lemon, vinegar 5% acidity or 10% acid solution for the 50% solution are in section 4, “Making a 1-3 drop dose”.

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9 - Health Sacrament 1000+, for 1 dose of MMS1 – Video #9

NOTE: 24 hours before you use this sacrament, you should test for DMSO tolerance. Rub one drop of DMSO onto the forearm and wait 24 hours. If you experience any pain in your liver, do not use this sacrament.

Start with 1 drop of DMSO.

This is the sacrament where we add DMSO to Sacrament 1000.
Let's say you are going to make 1 dose of MMS1 or MMS Tabs.

- Make up your MMS1
- Add water 4oz or 120ml
- then add 1 drop of DMSO to the solution

You can always add more, but do it this way for a couple of days before you decide to add more DMSO. It is better to increase the MMS1 and maintain the DMSO at 1 drop per dose, at least for a couple of days. Then depending how your body is reacting, add more DMSO. Max. 10 drops per dose.

NOTE: A good book to read about DMSO is **"DMSO – Nature's Healer" by Morton Walker**

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9a - How to make Health Sacrament 1000+ for your daily doses.

Note: 24 hours before you use this sacrament, you should test for DMSO tolerance.

- Rub 1-3 drops of DMSO on the bottom side of your wrist and wait 24 hours. If you experience any irritation or pain in your liver, do not use this sacrament.

You will need to make the Sacrament 1000 daily bottle before you add any DMSO. You will not be adding the DMSO to the bottle itself. You will pour out the dose from the bottle into a glass. If you would like you may add more water to reduce the taste. Then, add the amount of DMSO drops you are taking.
What you will have to do is this: Every time you must take your doses, that is when you will add the DMSO, whether it is 1 drop or more. The reason we do it like this, is because DMSO will weaken MMS1 over a period of a couple of hours, and we want to make sure that our body is receiving the MMS1 with its full strength.

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10 - Health Sacrament 2000 - *Use for life-threatening illnesses such as cancer and AIDS.* (MMS1 and MMS2) – Video #10

Sacraments needed:

- **MMS1 is Activated or Acidified MMS, (Sodium Chlorite)**
- **MMS2 is Calcium Hypochlorite, (60-72%)**
- **DMSO 90-99%, Dimethyl Sulfoxide**

Note: The person has already been on the Protocol 1000+ which is 1-3 drops MMS1 and 1-10 drops of DMSO hourly so continue that while adding MMS2 capsule. Adjustments up and down of each are possible with the Protocol 2000. In other words, MMS1, DMSO or MMS2 doses will vary depending on the reaction of the person.

For cancer and other life-threatening diseases - take as many drops of activated MMS each hour, as a person can handle without becoming any sicker, feeling worse, or developing diarrhea. It must be taken hourly **for 10 hours a day, for 3 weeks or until well.** It is best to start off with only one drops an hour and quickly build up to as many drops as you can take. Take as many drops as you can, but go easy. Making yourself sicker uses up energy, discourages and makes the recovery go slower.

1. First, add your number of MMS drops to a clean dry glass
2. then activate with 1 drop of 4% HCL or 50% citric acid for each drop of MMS that is in your glass
3. Swirl or shake to mix
4. wait 30 seconds
5. add 1/2 to 1 glass of water and drink

If you don't want to make up a single dose each hour, you can make 10 doses in the morning, and keep the solution in a closed container all day. Just follow the above instructions multiplying all the figures by 10 and then put that liquid in a closed container. Take 1/10th of it each hour. Don't worry, MMS will last hours longer than is needed, so long as you keep the lid on tight. Be sure to only use water for this all-day solution, as juices will usually reduce the strength or totally kill the MMS1 by the end of the day.

Note: In recent years, we have taught the use of a daily dose bottle—that is, mixing up all your doses at one time for the day—but we have since found that **maximum** benefit is derived when each hourly dose is made up fresh, and that this method is preferred unless otherwise impossible to do. If for various reasons there is no other choice but to make up an all-day mixture instead of mixing each individual dose, it is certainly well worth your while, and better than no MMS at all. But, my recommendation is if possible, stick to mixing hourly doses. You will have a greater chance of getting well much quicker.

The following important instructions must be followed:

- You must not make yourself sicker than you already are.
- Do not cause yourself a lot of nausea, or pain, or diarrhea. If you notice any of these symptoms coming on, take less MMS.
- Try not to stop taking MMS, just take less. Go from 2 drops an hour of activated MMS to one drop an hour. For example, if you are already taking one drop an hour, then take 1/2 drop and hour, or even 1/4 drop an hour.
- Try to increase amount of drops an hour as you can, without feeling worse, but do not go over 10 drops an hour. The average dose most people can tolerate hourly is 3 drops 8-10 hours a day. Don’t worry if can’t get past 3 drops an hour. The most important part is a **consistent concentration** of Chlorine Dioxide in the blood 8-10 hours a day. **Be consistent and keep doing it until you are well!**

After 3 days, you must add MMS2. Take 1 capsule every other hour (2 hours apart and half hour between taking MMS1) but start with 1/16 and gradually increase to no more than 1/2 capsule. You will be taking 5 capsules each day.

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Half fill a small bowl **with 60-72% Calcium Hypochlorite**. Dip half of a 0-size capsule into the bowl and start with 1/16 of a capsule. Put the cap on it and take with at least one 240 cc/ml, (8 ounces), glass of water. Never use more than 1/2 capsule in a size 0 capsule. Start low and build up on your doses. This way you will not have any uncomfortable symptoms.

Start with 1/16, then progress to 1/8 then 1/4 and last 1/2.

Note: Drink lots of water because MMS2 (calcium hypochlorite) is activated by water and produces hypochlorous acid, which your immune system produces naturally.

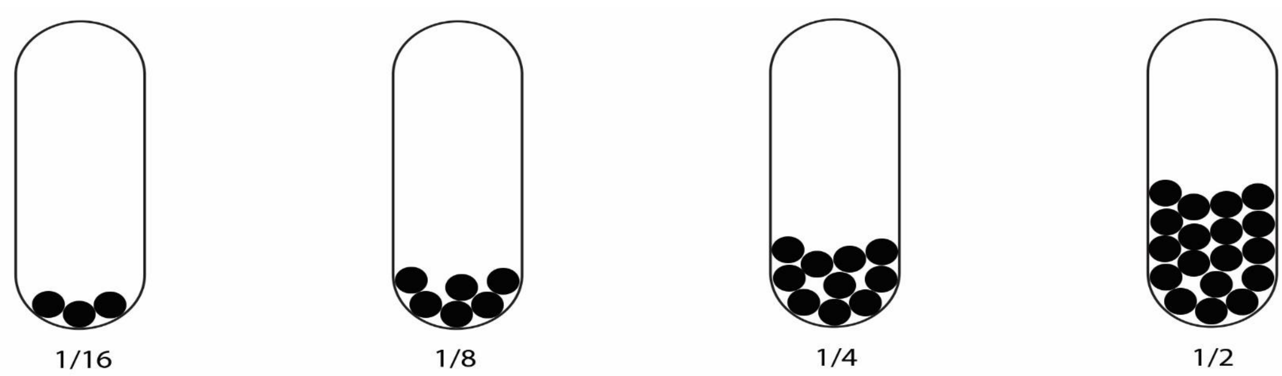
ALSO NOTE: Take precautions to store your MMS2 and DMSO separately, as they may combust if accidentally contact each other, esp. when the DMSO is pure.

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MMS2 dosing should start at 1/16 capsule and increase slowly to ½ capsule. Dosing should not be more than ½ capsule at a time.

See illustration below:



Protocol 2000 Daily Schedule

Time	Sacrament 2000
8:00 am	
9:00 am	MMS1/MMS Tabs
9:30 am	MMS2
10:00 am	MMS1/MMS Tabs
11:00 am	MMS1/MMS Tabs
11:30 am	MMS2
12:00 pm	MMS1/MMS Tabs

Time	Sacrament 2000
12:30 pm	Lunch
1:00 pm	MMS1/MMS Tabs
1:30 pm	MMS2
2:00 pm	MMS1/MMS Tabs
3:00 pm	MMS1/MMS Tabs
3:30 pm	MMS2
4:00 pm	MMS1/MMS Tabs
5:00 pm	MMS1/MMS Tabs
5:30 pm	MMS2

***Wait one hour before eating**

11 - Health Sacrament 3000 with DMSO - (90-99%) - Video #11

- Protocol 3000 was developed as another way to hourly introduce Chlorine Dioxide directly in the blood. Also, good for people who cannot drink the protocols or if in a coma. It can also be added to the Protocol 2000 if necessary.

Note: CDS or CDH can be used for this Protocol

DMSO: 24 hours before you use this sacrament, you should test for DMSO tolerance. Rub 1-3 drops of DMSO onto the underside of the wrist and wait 24 hours. If you experience any skin irritation or pain in your liver, do not use this sacrament. However, after a week or even less of doing Health Sacrament 1000 or 2000, the liver will normally be able to tolerate DMSO.

This Health Sacrament is often used with Health Sacrament 1000. It is done every hour for eight hours.

> Mix 10 drops of Cleansing Water (MMS) with 10 drops of 50% citric acid or 4 or 5% HCL solution. Wait 20 seconds until it turns dark golden yellow or brown*, then add 10 drops of DMSO. If you wish, you may also add about 5 cc/ml of water depending how much is needed to cover the area.

- Anoint one arm with the solution.
- After an hour has passed, mix another batch and anoint the other arm.
- At the next hour, mix a batch and anoint the inside of one leg.
- Then the next hour, the other leg
- and for the hour following that, anoint one side of the stomach.
- The next hour, the other side of the stomach
- begin the process over, using the same arm with which you started.

*Directions for substituting lemon, vinegar or 10% acid solution for the 50% solution are in section 4 "Making a 1-3 drop dose".

DMSO: 24 hours before you use this sacrament, you should test for DMSO tolerance. Rub one drop of DMSO onto the forearm and wait 24 hours. If you experience any pain in your liver, do not use this sacrament. However, after a week or even less of doing Health Sacrament 1000 or 2000, the liver will normally be able to tolerate DMSO.

This Health Sacrament is often used with Health Sacrament 1000. It is done every hour for eight hours.

- Add 3 cc/ml of CDS/CDH to a small glass or bowl, then add 1 cc/ml of DMSO to it. No need to add water, because CDS/CDH will not irritate the skin like MMS.
- Anoint one arm with the solution. After an hour has passed, mix another batch and anoint the other arm. At the next hour mix a batch and anoint one leg. Then the next hour, do the other leg and for the hour following that, anoint the stomach. The next hour, begin the process over again using the same arm with which you started. This might be too much liquid to rub in, so only rub in the amount that seems comfortable to you, and dump the unused portion.

MMS1: Use for the purpose of getting Cleansing Water (MMS1) quickly circulating in the blood. Add 1 cc/ml of DMSO to 10 drops of Cleansing Water (MMS) and apply to the skin. If you need to dilute more, add some drops of water.

Note: CDS/CDH can be used for this Protocol

CDS/CDH: Use for the purpose of getting CDS quickly circulating in the blood. Add 1 cc/ml of DMSO to 3 cc/ml of CDS and apply to the skin. There will be no need to add water.

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12 - Health Sacrament 4000 - Using Cleansing Powder (MMS2) – Video #12

Health Sacrament 4000 has been used alone to successfully treat 200 cases of HIV in Malawi. Several testimonies have reported that the Cleansing Powder alone has eliminated diabetes, cancer, Dengue fever and many other ailments and it has proven to be better than the Cleansing Water (MMS1) for prostate cancer.

Note: MMS2 is usually used with Cleansing Water (MMS1) but if MMS1 is not available, use Health Sacrament 4000, which is Cleansing Powder (MMS2) used alone.

This Sacrament is taken as follows (Size 0 Capsules):

1. Start with a 1/16 of a capsule and take every 2 hours for 4 to 5 doses (8 to 10 hours) a day for 2 days.
2. If there is no discomfort you may take 1/8 of a capsule every 2 hour for 2 days.
3. If there is no discomfort you may take 1/4 of a capsule every 2 hour for 2 days.
4. If there is no discomfort you may take a maximum of a 1/2 of a capsule every 2 hour until better.

Note: Take with a minimum of 120ml or 4oz. of water. MMS2 activates in water.



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13 - How to make a Cleansing Water (MMS1) spray bottle – Video #13

The formula is: 10 drops of MMS and 10 drops of Activator to every 30 cc/ml or 1oz.

To prepare a 120cc/ml 4oz bottle:

Mix 40 drops of Cleansing Water, (MMS1), with 40 drops of 4 - 5% solution HCL or 50% citric acid wait 20 -30 seconds or until dark yellow or brown color then add 120 cc/ml of water.

Note: If the activated solution isn't changing a dark color within 30 secs. then you probably have weak MMS or Activator.

This may be sprayed on any part of the body. If it gets in your eyes when you spray your face, it is okay, but splash a little clear water in the area to prevent a burning sensation. When the color gets light, it is losing its strength - make up a new bottle. It has a multitude of uses - spray in your hair to correct dandruff, as a deodorant and to treat athlete's foot. Try it on skin problems and use for hygiene of the mouth.

MMS spray bottles can last for up to a couple of weeks without losing much strength - that all depends on how you store it. In the fridge or a cupboard where there is no sunlight, it can maintain its strength for longer periods of time.

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Using Cleansing CDS/CDH to make up spray bottles.

Every oz. or 30 cc/ml or 1oz. of spray has 3 cc/ml of CDS 3000 ppm.

To prepare a 120 cc/ml 4oz bottle:

Add 12 cc/ml of CDS (3000 ppm) to a 120 cc/ml spray bottle, then fill with water. This is the standard way of making the CDS spray bottle. Since CDS does not contain citric acid or MMS, you can add more cc/ml of CDS to the spray bottle without burning your skin. Just be careful with your mouth and more sensitive areas

This may be sprayed on any part of the body. If it gets in your eyes when you spray your face, it is okay, but splash a little clear water in the area to prevent a burning sensation. When the color gets light it is losing its strength - make up a new bottle. It has a multitude of uses - spray it in your hair to correct dandruff, as a deodorant and to treat athlete's foot. Try it on skin problems and use for hygiene of the mouth.

CDS spray bottles can last for up to a couple of weeks without losing much strength - that all depends on how you store it. In the fridge or a cupboard where there is no sunlight, it can maintain its strength for longer periods of time.

Notes: ____

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13a - Using MMS2 Sacramental Powder to make up spray bottles.

NOTE: The spray bottle protocol that is made with MMS2 is great for skin problems. Do not use in the eyes to avoid irritation.

Equipment & Sacraments needed:

1- A 120 ml/cc or 4 oz. spray bottle.
2- 0.5-1.0 grams of MMS2 Sacramental Powder.
3- 120 ml/cc or 4 oz. of warm water.
4- 1 GLASS CUP

Instructions:

Mix the 0.5 or 1.0 grams of MMS2 Powder with the 120 ml/cc of warm water in the glass cup until completely dissolved. You can use warm water to dissolve it quickly.

Pour into spray bottle and use frequently for best results.

NOTE: Always keep out of the sun to avoid weakening the solution.

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14 - How to test the PPM in the cleansing waters to make sure you have 3000 ppm – Video #14

You will need **LaMotte High Range Chlorine Dioxide test strips 0-500 ppm** to be able to do this, - http://www.lamotte.com/en/drinking-water/test-strips or any compatible test strip. Add 1 cc/ml of the CDS you have made or obtained to a clean glass. Then add 99 cc/ml of distilled water to the glass. Dip the strip in the solution and whatever the strip reads, multiply by 100. So if the test strip shows 30 ppm, multiply by 100 and you will get 3000. This means you will have a CDS of 3000 PPM.

Notes: ____

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15 - Brushing teeth for mouth and teeth problems – Video #15

Note: 80% of diseases that affect the body come in through the mouth, so it is imperative to keep the mouth free of harmful pathogens.

For handling serious problems such as gingivitis and abscessed teeth - this is not for everyday use.

Mix 10 drops of Cleansing Water (MMS) with 10 drops of 5% HCL solution, wait 20 seconds until it turns dark golden yellow or brown then add ¼ cup of water. Do not put the toothbrush in the cup, but pour some of the solution on your brush, then brush your teeth and gums. After you finish brushing upper, lower, inner and outer, begin again by pouring solution onto your brush.

Cover the solution that remains in the cup and follow the same procedure several more times during the day. Repeat 3 or 4 times a day until the mouth is in good shape.

NOTE: If the abscess is inside the tooth, add 10 drops to 1 cc/ml of DMSO to the solution. This will carry the solution through the enamel.

15a. - Using Cleansing CDS/CDH for this step.

For handling serious problems such as gingivitis and abscessed teeth.

Add 3 cc/ml of CDS 3000 ppm to a clean glass, then add ¼ cup of water. Do not put the toothbrush in the cup but pour some of the solution on your brush, then brush your teeth and gums. After you finish brushing upper, lower, inner and outer, begin again by pouring solution onto your brush.

Repeat 3 or 4 times a day until the mouth is in good shape.

NOTE: If the abscess is inside the tooth, add 10 drops to 1 cc/ml of DMSO to the solution. This will carry the solution through the enamel.

Notes: ____

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16. - Cleansing Water (MMS1) gas for teeth and mouth – Video #16

!!THIS IS NOT THE BREATHING PROTOCOL!!

Mix in a glass that has a small opening (such as a 30 cc/ml shot glass) 3-6 drops of Cleansing Water with an equal number of 50% citric acid solution. Start with 3 drops.

Note: If you feel a strong tingle after 1-2 mins stop.

Wait about 5 seconds then put the opening of the glass into your mouth.

Keep the glass in mouth 2-3 minutes, but as soon as you feel it start to burn, STOP, even if it is not 2 minutes. **During this procedure, breath through your nose. Be careful - DO NOT INHALE THE GAS when you remove the glass.**

You cannot use CDS for this step

Notes: ____

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17. - Breathing Cleansing Water (MMS1) gas from a cup – Video #17

Put 2 drops of Cleansing Water, (MMS1), and 2 drops of HCL 4% or 50% citric acid in the corner of a cup. NEVER use more than two drops. Cover the cup with your hand for 20 seconds then bring the cup up to your nose and slightly breathe in until you feel a bite. Then move the cup so you can breathe in through your mouth and take a breath until you feel a bite. If you do not feel a bite you can take one more breath—but that is all, just one more, no more.

NOTE: Good for abscessed teeth and gums.

You cannot use Cleansing CDS or CDH for this step because there needs to be a gas created.

Notes: ____

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18. - Nose and eye drops – Video #18

NOSE with MMS1: Add 4 drops of 5% HCL or 50% citric acid to 4 drops of Cleansing Water, (MMS1). When it turns dark yellow or brown add 120 cc/ml of water. **One drop of MMS1 per ounce.**

It is difficult to get to the sinuses because the breath passes by the sinuses and it doesn't collect in them. So you need to lay flat on your back with no pillow and put 5 to 10 drops of this solution into each nostril and let it run down into the sinuses. Repeat several times a day until you are healed. It will have a burning feeling but it will heal. Reduce the number of drops if it feels very bad.

NOSE with CDS: Add 1 to 1 ½ cc/ml of CDS (3000 ppm) to 120 cc/ml of water.

It is difficult to get to the sinuses because the breath passes by the sinuses, and it doesn't collect in them. So you need to lay flat on your back with no pillow and put 5 to 10 drops of this solution into each nostril and let it run down into the sinuses. Repeat several times a day until you are healed. It will have a burning feeling but it will heal. Reduce the number of drops if it feels very bad.

Note: You can use the above solutions in a Nettie Pot if you desire.

EYES with MMS1: Choose a 1 drop or a ½ drop solution. If you choose a 1 drop solution, you can use the same solution prepared above for the nose. If you want to use a ½ drop solution, then add 2 drops of citric acid to 2 drops of Cleansing Water and activate them by mixing them together until they turn dark yellow or brown. Then add 120 cc/ml's of water.

Using an eye dropper, drop 2-4 drops right into the center of each eye or place the drops in the corner of the eye and blink until the solution is circulated over the total surface of the eye. Do it two or three times a day or as often as every hour until the problem is handled.

Eyes with CDS: Since CDS does not contain citric acid or MMS, there should be no problem in using 1 to 1 ½ cc/ml of CDS to 120 cc/ml of water to make your solution.

Using an eye dropper drop 2-4 drops right into the center of each eye or place the drops in the corner of the eye and blink until the solution is circulated over the total surface of the eye. Do it two or three times a day or as often as every hour until the problem is handled.

Note: Eucalyptus Honey Eye Drops: Good results for Cataracts Source: Tine Vandemaas, South Africa

Fill ¼ of a 30 ml/cc dropper bottle with Eucalyptus honey (AKA Blue Gum Honey)
Fill rest of the dropper bottle with distilled water.
Shake until completely dissolving the honey.
Keep out of sunlight and remake every week.
Add 2 drops per eye, 2 to 3 times daily until healed.

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Spray for eyes: To prepare this Sacrament it is the same as the 2 above. ½ to 1 drop activated or 1 to 1 ½ ml/cc of CDS/CDH to 30ml/cc or 1oz of water. **Application** - Spray 10 times in the eye to flush it out. **To test only spray once.**

DMSO Spray for eyes: Do not use more than a 20% Spray of DMSO and test with 1 spray.

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19. - Treating ear infections – Video #19

Ear with MMS1: Prepare a 1 drop dose per 30 cc/ml of water, by adding 4 drops of citric acid to 4 drops of Cleansing Water in a clean dry glass. When they are activated, they will be dark yellow or brown. Add 120 cc/ml of water.

- Lay on your side and put 1 cc into your ear.
- Wiggle your ear around in order to get the solution to go all the way down to the bottom of your ear canal.
- If it doesn't seem to hit the eardrum, add more of the solution and keep trying to move the ear.

If you get it in far enough, it will cause the earache to go away almost instantly. If it doesn't happen that quickly, wait. It may happen in an hour or so.

If you have no success, then include Health Sacrament 1000, starting with a three drop dose every hour. Chances are, if the earache doesn't go away immediately, you didn't get the MMS1 to go deep enough into the ear. Be careful.

Ear with CDS: Add 1 - 1 ½ cc/ml of CDS (3000 ppm) to 120 cc/ml of water.

- Lay on your side and put 1 cc into your ear.

- Wiggle your ear around in order to get the solution to go all the way down to the bottom of your ear canal.
- If it doesn't seem to hit the eardrum, add more of the solution, and keep trying to move the ear.

If you get it in far enough, it will cause the earache to go away almost instantly. If it doesn't happen that quickly, wait. It may happen in an hour or so.

If you have no success, then include Health Sacrament 1000, starting with a three drop dose every hour. Chances are, if the earache doesn't go away immediately, you didn't get the CDS to go deep enough into the ear. With CDS, you can also add more cc's in the solution without hurting the person's inner ear. But be careful, start by adding 1 cc more each time you do it. If your ear is stinging or burning too much, then reduce immediately. In some occasions, we have made a 50% CDS and 50% water solution and the pain was gone immediately, and the person did not have any stinging or burning sensations. It depends on how advanced their infection is. So start low and bring up the doses slowly.

Note: The ear can be gassed with 1-3 drops in a cup big enough to encompass the whole ear. 3 -5 minutes max, 1 -3 times a day. Source: Leslie Barbeau, Bishop #78 from South Africa.

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20. -The MMS Patch – Video #20

We have applied this patch to all types of tumors, infections such as MRSA, Diabetic ulcers, and other skins diseases. We've even used it on pain areas especially when cancer is found or sometimes there is a reason to use an MMS1 patch to treat a specific area of pain.

<u>**Important for Children and those with sensitive skin.**</u> Use 1/5 the amount to start to see if this causes and irritation for example:

Note: Check for sensitivity with DMSO also before starting the Patch Protocol.

Activate:

- 2 drops of MMS

- 2 drops of HCL 4-5% or 50% citric acid

Wait until the solution is a dark brown usually 20-30 seconds.

Add

- 2 drops of DMSO (90-99%)
- 1cc/ml or 20 drops of purified or distilled water

Submerse a cotton gauze pad in the solution until all the liquid is absorbed into the gauze pad

Cover the area to be treated and leave for 15 minutes.

Remove the patch which will be all white due to the absorption of the liquid into the body.

Note: This is not the Protocol 3000. This is designed for one or two specific areas while Protocol 3000 is another way to ingest chlorine dioxide into the body through the skin for 8 -10 hours a day.

Note: If the skin is irritated or turns red then just add more water.

To prepare the MMS Patch:

Activate

- 10 drops of MMS
- 10 drops of HCL 4-5% or 50% citric acid

Wait until the solution is a dark brown usually 30-45 seconds.

Add

- 10 drops of DMSO (90-99%)
- 10 drops of purified or distilled water

Submerse a cotton gauze pad in the solution until all the liquid is absorbed into the gauze pad.
Cover the area to be treated and leave for 15 minutes.
Remove the patch which will be all white due to the absorption of the liquid into the body.

Note: Depending on the size of the area to be covered, this formula can be doubled or triple or cut in half. Apply once or twice a day.

Using CDS to make the Patch Protocol

Prepare in a glass the following:

- ½ cc/ml of CDS
- 10 drops of DMSO
- ½ cc/ml of purified water

Submerse a cotton gauze pad in the solution until all the liquid is absorbed into the gauze pad.
Cover the area to be treated and leave for 15 minutes.
Remove the patch which will be all white due to the absorption of the liquid into the body.

For Children and sensitive skin:

- ¼ cc/ml of CDS
- 2 drops of DMSO
- ½ cc/ml of purified water

Submerse a cotton gauze pad in the solution until all the liquid is absorbed into the gauze pad.
Cover the area to be treated and leave for 15 minutes.
Remove the patch which will be all white due to the absorption of the liquid into the body.

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21. – Douche – Video #21

MMS1: The number of drops of Cleansing Water (MMS1) depends on what you can take orally. If you take ten drops every hour, that same amount is what needs to be activated and added to the water in the douche bag. This is an excellent method of getting Cleansing Water into your system as well as for treating a specific area. On the second douche and later you may increase the number of Cleansing Water drops if you feel that it is needed.

CDS/CDH: Since CDS does not contain the MMS nor the Citric acid, we have been able to do much higher doses than with the MMS1 - this leads to quicker health being restored.

Of course we want to start out low, so we will have to acquire a 500 cc douche bag or even better yet, a 1 liter bag. Let's say we have a 1 liter bag, start out by adding 5 cc/ml to the 1 liter bag. If you have had no adverse reactions, then increase the amount of cc's of CDS for the next douche. The next time, add 10 cc/ml to the douche bag, and keep increasing as long as your body can handle it. If you are using the 500cc bag, then do halves of the amount of the 1 liter bag.

The best time to do the douches is right before you lay down to go to bed. This way it will be better absorbed in the body. We have had ladies do douches with up to 40 to 50 cc/ml of CDS in the 1 liter bag, and had great results. But they slowly increased their doses to get to that amount of CDS per douche. For treatments, once to twice a day should be fine. It all depends on how your body reacts, but for a **maintenance cleanse, once a week should be enough.**

Castor Oil: You may use a tampon and saturate it with Castor oil. Insert into the vagina and leave for up to 2 hours. Possibly do a douche after to rinse. Caution: Do not use while pregnant may cause an abortion.

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22. - Enema – Video #22

Caution: The intestinal tract of the human body is a closed system with its own specific beneficial bacterial colonies. By washing them out with enemas or colonics can cause serious imbalance in the gut's flora! Use only in emergencies!

MMS1: Usually you can use the same number of MMS1 drops in the enema tube that you could take orally. Most people will use 4-6 drops but it can go as high as 10. You can start low with just 2 drops. Select the number of drops you want to use and put an equal number of Cleansing Water and 50% citric acid solution in a container, and wait for it to turn dark yellow or brown. Then add the amount of water that you plan to use and fill your enema syringe. (This is demonstrated in the video.)

Usually a small amount is effective. Good results have been obtained with prostate and bladder problems. Use this procedure every hour. If you start with a 2 drop solution, do that once or twice and then do a 3 drop solution. You could go as high as 20 drops if you work up to it, but do not continue if it causes problems. Use this procedure every hour until you are feeling better and then every two hours as long as it is helping.

If Cleansing Water doesn't help with constipation, then try Senna tablets. Senna will clean your colon better than a colonic.

CDS: We have seen that while using CDS, one is able to increase the doses higher than MMS1, and sooner than normal.

Depending on what size enema you will be using, you will start out with 3 to 5 cc/ml of CDS. We try to use a liter or ½ liter enema apparatus. Let's say you have a liter enema, Start out by adding 5 cc/ml to the liter enema for the first time. If you did not have any harsh or uncomfortable reactions to this, then the next time increase to 10 cc/ml. We've had some people go up to 50 cc/ml with no problems, but that was not on their first Enema. They slowly increased the strength over a period of time.

The best time to do the enema is right before you go to bed, and once a day is usually enough. Remember, most people that are doing the enema, are on the Sacrament 1000 also, so do not do the

enema more than twice a day.

DMSO should not be used in the enema because it can carry toxins into the blood from the colon.

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23. – Bag Sacrament – Video #23

Put 2 large garbage bags together (opening to opening). Tape them all the way around. You might start by using small pieces of tape to hold them together, then tape them all the way around, taping first one side and then the other. Cut an opening at one end of the bag, then check to see that it is not stuck together in the center. Gather the bag up into a pile so that you can set a cup in the center of the part that is resting on the floor. Put 20 drops of Cleansing Water and 20 drops of 4% HCL or 50% citric acid in a cup, then set it inside the bag so that it rests on the floor.

Step into the bag with the cup resting between your feet. Pull the bag up around your shoulders, wrapping and folding the plastic so that no gas escapes. Do not put your head inside the bag or breathe any of the fumes. Stay in the bag 5-10 minutes, but no longer. If you feel any burning, get out immediately, even if the 5 minutes has not passed.

You can use this treatment for skin problems, or you can use it just to get more Cleansing Water into your body. **You cannot use Cleansing CDS for this step.**

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24. – Gassing - Staph, MRSA, and boils – Video #24

This treatment can kill the worst staph infections in 5 minutes.

Start with 5 drops of 4% HCL or 50% citric acid solution to 5 drops of Cleansing Water (MMS) and activate them. Put this solution in a glass, and press the opening of glass into the area you want to treat. Do not allow the solution to touch your body. When the gas hits the area of the boil, and you are using a clear glass, you will be able to see the boil drain away.

If this 5-drop dosage does not irritate your skin, work your way up to a 10-12 drop dose. Again, use 10-12 drops of 50% citric acid solution to an equal number of drops of Cleansing Water (MMS) and activate them.

You cannot use CDS for this step.

NOTE: Zinc Oxide can also be used to treat the MRSA boils. It helps dry it up and closes the wounds.

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25. - MMS1 Bath and foot bath – Video #25

MMS1: **Bath -** Activate 20-60 drops of Cleansing Water. After it has turned dark yellow or brown, add it to the tub which has 6-8" of water. Begin by using 20 drops, the next time use 40 and then 60. Use this treatment 1-3 times a day.

Foot bath - Use ankle high water in a small plastic tub. Follow the same directions given above for the bath.

CDS: **Bath-** Add from 3 - 9 cc/ml of CDS (3000 ppm) to the water in your tub. Make sure the water is about 6 - 8" deep. If you need more water to cover your body, then just add more CDS to it. You can use more CDS than MMS1. So, start with the standard amount, and add more, depending how your body reacts. Always start low and build up slowly.

Foot bath- Use ankle high water in a small plastic tub. Follow the same directions given above for the bath.

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26. - Breathing Cleansing Water (MMS1) mist - Video #26

MMS1: Mix 24 drops of Cleansing Water with 24 drops of citric acid and wait 20 seconds until they turn dark yellow or brown, and are activated. Add 240 cc/ml of water and put the solution in a mister. When the machine starts misting, take just one breath by putting your mouth and nose right down to the place where the mist is coming out. Wait 3 or 4 hours and repeat the process - this time taking two breaths. The next time, take 3 breaths. Repeat the process. Each time you feel like it, you may add another breath until you get to 20 breaths. The process will loosen mucus and you must

keep trying to spit it out, but don't worry if you cannot as it will drain down into your stomach. Do not go beyond 30 breaths total in a day.

Never leave the machine misting in a room.

Never leave it on in a room where you are sleeping.

Save the 24-drop solution in a closed container when it is not being used and you will be able to use the same solution all day. Repeat this process for several days to see if it is helping your problem. If after 3 days it is not helping do not continue.

CDS: Add 8 cc/ml of CDS (3000 ppm) to 240 cc/ml of water and put the solution in a mister. When the machine starts misting, take just one breath by putting your mouth and nose right down to the place where the mist is coming out. Then wait 3 or 4 hours and repeat the process, this time taking two breaths. The next time take 3 breaths. Repeat the process. Each time you feel like it, you may add another breath until you get to 20 breaths. The process will loosen mucus and you must keep trying to spit it out, but don't worry if you cannot, as it will drain down into your stomach. Do not go beyond 30 breaths total in a day.

Never leave the machine misting in a room.

Never leave it on in a room where you are sleeping.

Save the solution in a closed container when it is not being used, and you will be able to use the same solution all day. Repeat this process for several days to see if it is helping your problem. If after 3 days it is not helping do not continue.

Notes: ____

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27. - Cleansing Water (MMS1) morning health routine – Video #27

Mix 2 drops of Cleansing Water and 2 drops of 50% citric acid solution in a cup, cover with hand, wait 20-30 seconds, then holding this cup to your nose, take a breath in until you get a little bite at the end of your nose. Then do the same with your mouth. If you do not get a bite you can take a second breath but never more than that.

Add a tablespoon or 8 cc/ml of water to the solution, and pour a little on your tooth brush. Brush your teeth and your gums. Do not put the brush into the cup, but twice again pour a little of the solution onto your brush and clean your teeth and gums.

Gargle with the remaining solution and swallow it.

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28. - How to make capsules to substitute for Cleansing Water (MMS1) dose - Video #28

If you object to the taste of Cleansing Water (MMS1), you can avoid it by substituting these capsules.

Prepare 8 (3 drop) doses in a 60 cc/ml bottle by activating 24 drops of Cleansing Water with 24 drops of 5%HCL. When it turns dark yellow or brown, add 32 drops of water and put into a small container that has a secure non-leak top.
(80 drops ÷ 8 = 10 drops per hour)

Every hour, put 10 drops of the solution into a capsule, and consume immediately with a 240 cc/ml glass of water. The capsule must be taken immediately, as it will dissolve in just a few minutes. (This overcomes the bad taste - see number 5 above)

When using Cleansing CDS, there is no need for this procedure.

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29 - Cleansing Water (MMS1) syrup for children – Video #29

MMS1: If a child is resistant to taking Cleansing Water in water, you could put it in syrup.

- Mix 3 teaspoons of sugar and 3 teaspoons of water, and heat until the sugar is dissolved.
- Activate 1 drop of Cleansing Water by mixing it with 1 drop of 50% citric acid solution.
- When it is activated, add the 1 drop dose to syrup and give it to the child with a dropper.

The formula for babies is usually ½ drop per hour. For children other than babies, the dose is usually one drop of Cleansing Water per hour for each 25 pounds (11.4 kg).

If you wish to give ¼ drop, add the one drop to 4 teaspoons of syrup, and give one teaspoon of this to the child.

If you wish to give ½ a drop, add the activated drop of Cleansing Water to two teaspoons of the syrup, and give one teaspoon to the child.

CDS: If a child is resistant to taking CDS in water, you could put it in syrup. Usually they don't have this problem with the CDS, due to the lesser harsh taste of CDS than MMS1.

- Mix 3 teaspoons of sugar and 3 teaspoons of water, and heat until the sugar is dissolved.
- Add ½ cc/ml's to the syrup you have just made and give it to the child with a dropper.

The formula for babies is usually ¼ cc drop per hour. For children other than babies, the dose is usually ½ to 1 cc/ml per hour depending on how their body is reacting to the doses.

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30. - Overcome bad taste and eliminate citric acid intake – Video #30

We run into problems sometimes with people who are having bad reactions to citric acid, and others who just can't take the taste of MMS1 or CDS anymore. They are seeing improvements in their health, but just the smell and taste, and like I said, the citric acid upsets their stomach. Of course, we tell them not to stop their sacrament, but we understand that everyone needs a break from a normal routine. So here is what we have found out. Tonic water and Ginger Ale contain citric acid in them; it is used to preserve it. So, all that needs to be done, is add MMS (not activated), because we are trying to eliminate the extra citric acid, and being that Ginger Ale and Tonic water have a strong taste, we will have pretty much eliminated almost all the bad taste. **So here we go…**

Get a 1-liter bottle of either Ginger Ale or Tonic water, and add 24 drops of MMS unactivated. This will equal the amount of a 3 drop dose per hour for 8 hours. Of course, you can add more drops, depending on how your body reacts to the sacrament. But like always, start low and build up slowly.

We don't recommend doing this for the 3-week sacrament, but using it as a break from the normal way of doing things.

Sometimes we have run into local soft drinks like Pepsi and Coca-Cola that work fine also, but that depends where you live. So, before you even try doing this, you will need the test strips to make sure

that the Chlorine Dioxide is not being neutralized by the different sodas. This also applies to the Ginger Ale and Tonic water. Enjoy!!!!

Notes: ____

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31. - How to test different drinks to make sure that they last all day – Video #31

You will need LaMotte Test strips 0-500 PPM for this exercise.

1st test: Dip the Test strip in a drink or solution you choose. Write down what the strip measures.
2nd test: Do the same 15 minutes after your 1st test. See if the ppm in the solution has come down some.
3rd test: Wait 1 hour and 30 minutes after the time you did the 1st test (This is how long the Chlorine Dioxide will be active in the body). If you don't see the solution becoming any weaker, then you know that you can use that specific drink or liquid to take for a 1-time dose.
4th test: 8 hours after the 1st test, test your solution for the last time. If it still maintains the strength, and hasn't weaken any, then you know you can use this drink or solution for the Sacrament 1000 with no fear that you will weaken or neutralize your MMS1 or CDS/CDH. Make sure to test MMS1 and CDS/CDH, because you might not have the same results.

Notes: ____

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32. - How to purify 1 gallon of water with MMS and CDS – Video #32

MMS1 (This means activated MMS).

Add 1 drop of MMS in a small glass to 1 drop 50% citric acid and let it activate for 20-30 seconds. Add a small amount of water to the glass, and pour into your gallon of water. Let the gallon of water sit for **1 hour before drinking.**

MMS (This means not activated)

Add 1 drop of MMS to the gallon of water that you will be purifying. It will need to sit for 1 day before you are able to drink it. **After the 24-hour period your water will be purified.**

CDS: Add 1 cc of your CDS to the gallon of water. Let it sit for **30 minutes to 1 hour before drinking**.

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33. - Malaria Protocol – Video #33

First: watch this video: "LEAKED: Proof the Red Cross Cured 154 Malaria Cases with MMS" - https://www.youtube.com/watch?v=FrwZN1cPfX8

Do not use the same protocol for dengue as you would use for malaria. Normally the protocol for malaria is one 18 drop dose and wait one hour and give a second 18 drop dose. (**Note**: This 18-drop dose is for the average size male. The dose for malaria can vary slightly depending on size and weight of the infected person.) This type of dose would normally make most people very nauseous and might cause vomiting; however, it seldom does with malaria patients. Again, this would be for the average size man at approximately 170 pounds (77 kg). Children should have reduced doses depending upon their weight.

Dosing for Malaria: Everyone needs to take 3 doses 2 hours apart for one day only!

- MMS dose for Malaria in **adults:** 15 to 18 activated drops MMS1
- MMS dose for Malaria in **children**: 8 activated drops MMS1
- MMS dose for Malaria **in babies**: 2 drops MMS1

34. Dengue Protocol/Chikungunya – Video #34

Give two 6 drop doses one hour apart and then continue with 3 drop doses each hour until well. If the first 6 drop dose creates nausea do not use a second 6 drop dose, but rather reduce to 3 drops for the second dose. If the second dose creates nausea reduce to 1 drop an hour. If nausea continues reduce to 1/2 drop and hour. If nausea continues that was not present before the application of MMS, stop MMS until the nausea that is being caused by the MMS is gone. Then resume with 1 drop an hour, and increase to 2 drops the next hour and continue with 2 drops an hour for several hours and then finally 3 drops an hour. Do not go over 3 drops an hour until the dengue subsides. Continue

at 3 drops an hour until the dengue is gone, but only if the MMS is not causing nausea. **Keep in mind—do not cause nausea**, but if the MMS does cause nausea, reduce the number of drops, but if the nausea is present before you give drops go ahead and give the drops.

NOTE: The point is that dengue is caused by a virus and it takes continued presence for several hours of chlorine dioxide to kill viruses. Malaria parasites, on the other hand, are killed by a large shock (which is the 18-drop dose.)

On rare occasions when the dengue causes bleeding, do not stop the protocol— continue giving MMS as indicated above.

Note: We have testimonies of people having their "health restored" from Dengue fever by taking ½ capsule of MMS2 every two hours for 5-6 times a day. Within 1-3 days the Dengue fever was gone!

35. Clara 6 & 6 Protocol - Protection against diseases – Video #35

The Clara 6 & 6 protocol was developed to stop an attack on the body from colds and flus or because of exposure to others that are sick. Kind of like the principle of a "pool shock". Take a 6-drop dose each hour for 2-3 hours.

Note: If 6 drops is too much the first hour then do 3 the next two doses.

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36. - The Vaccine Sacramental Protocol – Video #36

- **1 week before a vaccine** take the Protocol 1000.

Note: The Protocol 1000 has to be taken with hourly activated drops, i.e. MMS1, not CDS or CDH
Note: The reason why you cannot use CDS or CDH is because we are now discovering that these formulas can be neutralized quickly if not immediately, due to the amount of acid in the stomach.

- **The day of the vaccine**: Take 6 drops every two hours 5 times.
- **Immediately after the vaccine is injected**, do the "patch protocol" to neutralize the vaccine at the injection site. (Do it in your car or as soon as you get home).

Note: The **Patch Protocol** will neutralize the toxins in the vaccine.

The Patch Protocol is as follows:

Note: for Children and sensitive skin see **Patch Protocol, Page 31.**

Mix 10 MMS drops activated with 10 drops of 4-5% HCl, (Hydrochloric acid), wait 30 seconds, then add 10 drops of purified water, (Distilled water is the best), then add 10 drops of 90-99% DMSO. Pour the whole solution on the middle of a Gauze pad and place over the injection site leaving it until it turns completely white usually 15-20 minutes. This signifies complete absorption into the area.

- **Continue the Protocol 1000 for 1-2 weeks** to make sure all

Toxins are eliminated from the body.

Again, we want to emphasize that in the U.S. and many other countries, anyone can exempt themselves from "mandatory vaccines" for religious reasons.

"48 states in the U.S. allow an exemption to vaccination for religious beliefs, which provides a legal option that parents with sincerely held religious and spiritual beliefs about vaccine use can file for their children to attend school

In order to file and receive a religious exemption to vaccination, you do not have to be a member of a specific church that opposes vaccination and your belief in an organized religion (Catholic, Protestant, Jewish, Islam, etc.) should not preclude you from exercising religious belief exemption to vaccination; however, you must be prepared to explain and defend your religious beliefs regarding vaccination when questioned by state officials

You can claim a religious exemption to vaccination if you hold a sincere belief that use of one or more vaccines violates your spiritual beliefs or ability to obey your conscience after seeking guidance through prayer or study of scripture".
http://www.ncsl.org/research/health/school-immunization-exemption-state-laws.aspx

NOTE: As a member of the G2 Church, you can request The Genesis II Church Vaccine Religious Exemption. Contact us at: membership@genesis2church.is

Notes: ____

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37 - Treating Autism - Video #37

Kerri Rivera is an autism expert. She gives the ATEC autism evaluation to every child who is referred to her before she begins the treatment program, which includes Cleansing Water. This evaluation and its scoring are available to you for free, at www.autismo2.com.

You may send email to her at kerririvera@yahoo.com

Note: We at the Genesis II Church have seen very good results treating Autism using our Sacraments and our treatment diet also. Contact Kerri either way because of their support group has much information for parents with Autistic children.

Notes: ____

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38. - How to treat Burns – Video #38

Sacraments needed: MMS (not activated), CDS spray, Aloe Vera. As soon as someone receives a burn, you must cover the entire burnt area with the MMS immediately. It will sting at first, but after a couple of minutes, the pain will be almost neutralized completely. Do not leave the MMS on for more than 5 minutes. Wash off with water. To continue treating the burn, you will have to use your CDS spray every hour to accelerate the healing process. If your skin starts to dry up some, you can also use Aloe Vera to help moisten and heal the burnt area.

Notes: ____

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39. - Natural Liver Cleanse – Video #39

We have seen some great results with this liver cleanse. It is simple to do and most everyone can find all the products necessary to do it. Here is what you will need - **100% Natural Apple Juice, Magnesium sulfate (A.K.A. Epsom salt), Cold pressed Olive oil, Fresh Squeezed Grapefruit Juice.** Now here is how you will be doing this sacrament…

For 6 straight days, you will be taking 1 liter of the natural apple juice throughout the day. Your diet can be the same as always, and there is no need to change anything; of course, sugars and starches should be eliminated.

On the beginning of the 6th day, here is what you will be doing…
Drink throughout the day, 1 liter of apple juice until 4 p.m.
6 p.m. 1 tablespoon of Epsom salts (magnesium sulfate) in 6 oz. (180ml) water.
8 p.m. 1 tablespoon of Epsom salts (magnesium sulfate) in 6 oz. (180ml) water.

10p.m. Mixed 8 oz. (250ml) of cold pressed extra virgin olive oil with 8 ounces (250ml) of fresh squeezed grapefruit juice and laid on right side for the night.
Next morning:
6 a.m. 1 tablespoon of Epsom salts (magnesium sulfate) in 6 oz. (180ml) water.
8 a.m. 1 tablespoon of Epsom salts (magnesium sulfate) in 6 oz. (180ml) water.
Note: On this last day, your diet should not be as usual. Eat light all day, maybe some eggs and raw milk in the morning, and some vegetables in the afternoon and at night. What you will want to eat are foods that the body can process quickly, not meats and heavy foods.
Note: Green apples have more malic acid. You only need 8 oz. (250 ml) of Black Cherry juice to equal 1 liter of green apples. Black Cherries have 10 times more Malic Acid than Green Apples.

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40. Natural Parasite Sacraments – Video #40

By beginning by doing the Starting Procedure and working up to Protocol 1000 we have seen MANY rid their bodies of parasites without using anything else.

We also are now using natural means to cleanse the body of parasites that we believe is as effective as any chemical sacrament. Just about every human being on earth lives his or her life with the presence of parasites in the body, and lives a healthy life. Parasite ONLY eat toxins and degenerative tissues. This is very important to remember to eliminate being afraid of parasites. Many times, parasites are present in the body because the body is so toxic and the immune system isn't doing its job of ridding the body of dead tissues and toxins because it is compromised, weak or not working all together. Now, there are times when the body is infested with parasites and pathogens and the body needs to be cleansed to keep them from not hurting the host – Us!

Here are the natural plants or minerals we now use: (Dosing differs)

- **MMS/CDS (Chlorine Dioxide)**
- **Neem**
- **Diatomaceous Earth**
- **Clove**
- **Pumpkin Seeds**
- **Wormwood**
- **Epsom Salts**
- **Calcium Hypochlorite (MMS2)**
- **Cheyenne Pepper**
- **Black Walnut**
- **Garlic**
- **Many others**

Notes: ____
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41 – Maintenance Dose - Video #41

Daily MMS1 Maintenance Dose

A daily maintenance dose of MMS1 is very important. With the tremendous amount of toxins, poisons and other health hazards that cause disease in today's society, prevention is essential to help one enjoy a healthy and balanced life. MMS1 can help you reach this goal.

- Over 60 years of age, one 6-drop dose taken once every day, can be taken before bed.
- Under 60 years of age, one 6-drop dose taken 3 times a week.
- Children under 12, 1 drop before bed 3 times a week
  Note: You can do the dose 1-3 times weekly also if it is better for you.

42 – DMSO – Video #42

DMSO is a well-known carrier substance used widely by alternative practitioners and a few medical doctors since 1955, as a way to carry medications deeper into the tissues and organs of the body. It is available in drugstores and health food stores in most states and also on the internet and at animal supply stores. On the internet, search for DMSO.

Note: Organs that are being used for transplants are submersed in DMSO to transport them between hospitals worldwide.

The goal with serious or life-threatening situations is to quickly get MMS1 circulating in the blood while trying to stay under the nausea level. One way to achieve this is by adding DMSO to MMS1 and using it topically. The DMSO is a carrier and therefore takes MMS1 directly into the skin and tissues and thus into the blood. Testing under laboratory conditions by adding tiny non-dangerous amounts of radiation have demonstrated that DMSO carries MMS1 directly to any cancer in the body and it then

penetrates the cancer cells. We have evidence that DMSO also carries MMS1 to any place in the body where disease has weakened the area.

This carrier penetrates the skin and brings the treatment materials deep into the tissues. It is used with many of the Cleansing Water health sacraments and is surprisingly effective in treating abscessed teeth by carrying the Cleansing Water or CDS Cleansing Water through the structure of the tooth directly to the abscess. DMSO banishes almost all pains including chronic pain that has been difficult to get rid of. Using MMS1 with the DMSO will usually clear up the basic problem as well. There is so much more to learn about DMSO. More data about it will appear on our church website.

Note: The best book about DMSO is: **"DMSO: Nature's Healer" by Morton Walker**

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43. - Cleansing Powder AZ (Aztec Clay) – Video #43

Mix Cleansing Powder AZ, which is Aztec Clay or Bentonite (which is the same thing) with 50% Olive Oil or Coconut Oil (or similar) for treating any and all fungus that is not treatable by the Cleansing Water. Just smear the mixture on the fungus, cover with a cotton cloth and tape the cloth down. In case of foot fungus, smear on, cover with your socks and wear your shoes. In cases of other places on the body, smear on and tape cotton cloth over the smear. In case of fungus in the mouth, use this Cleansing Powder without the Vaseline to brush your teeth.

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44. - Cleansing Powder DE (Diatomaceous Earth) – Video #44

Cleansing Powder DE, which is Diatomaceous Earth, is composed of very sharp microscopic crystal particles. The particles come from diatoms, microscopic animals

that lived thousands of years ago and left their skeletons on the floor of the ocean in many places. The sharp particles kill micro-organisms by cutting them to shreds. They are useful for killing parasites and other microorganisms that are harmful to the body, both inside and on the surface of the skin.

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44a. - Mixture of Cleansing Powders AZ and DE

In special cases where the fungus seems extra hard to kill the mixture of these two powders, will handle the fungus when nothing else will. Mix the two powders together in equal amounts, and then mix that powder with an equal amount of Vaseline. Then follow the above instructions for Cleansing Powder AZ.

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45. - Zinc Oxide – Video #45

Zinc Oxide is a conductor of micro charges of electricity, which serve to heal tissues of the body. It is also a poison to micro-organisms; they die when they come into contact with zinc. The increased healing action and killing action of zinc creates a decrease of healing time and killing time for the pathogens. Zinc Oxide is a cleansing powder of the Church.

We have been seeing great results by using the Zinc Oxide to treat spider bites, abscessed teeth and gums, cancerous tumors, herpes, staph infection outbreaks, and much more.

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46. - Using Non-activated Cleansing Water (MMS) - #46

This is a strong neutralizing agent, which brings quick relief to burns and insect bites. Rub a drop on insect bites full strength, and spray full strength on burns, but do not let it remain on the burn longer than 5 minutes. It must be rinsed off with cool water. If the pain is not gone after 5 minutes, repeat the process again and continue every hour or two until the pain is gone.

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47. - Intravenous use & How to prepare CDI (Chlorine Dioxide Injectable) for injecting in the muscle and IV - Video #47

This health-sacrament has not been finalized, it is a work in progress. It is not appropriate for you to use this sacrament at this time unless you are willing to experiment. Expect to hear more about it as a treatment for extreme cases sometime in the near future. The Cleansing Water (MMS) is not activated in this sacrament, and it is not used until one hour after it has been added to the IV solution. Start at 1 or 2 drops in a 250 ml. bag and work up to 20 drops for the same size bag. Generally, do not use larger bags for this purpose. It is important to note that the Cleansing Water CDS (Chlorine Dioxide Solution) has proven more effective for intravenous use than MMS. But still, any use of CDS for IV use is experimental at this time. We have used up to 1 ml (25 drops) in a 250 ml IV bag > We, of course, do not recommend any experimental use of MMS or CDS.

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Preparing CDI for injection

You will need a pH meter to accomplish this task.

Add 10 cc/ml of CDS 3000 PPM to a clean glass (The CDS should be around 3 pH). Then add 1/16 a teaspoon of sodium bicarbonate to your CDS. This should bring the pH up to 6.5 ph. Test with your pH meter to see if you need to bring up the pH some more. If it is lower than 6.5 pH, add a small pinch more of sodium bicarbonate, and this should bring the pH up to where you will be able to inject it with less of a burning feeling.

If you decide to inject the muscle, you will inject in the shoulder area or the buttocks, usually with a 21 ½ gauge needle.

If you decide to inject the fat, you will inject into the stomach fat with a diabetes needle.

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48. - The Genesis II Church Treatment Diet – Video #48

In addition to the MMS Sacramental Protocols, we have seen very good results by adding the following foods to one's daily diet. * Raw Milk will neutralize Chlorine Dioxide, so only consume in the morning 1 hour before the daily protocol and 1 hour after the last dose for the day. Moringa can only be taken at night 1 hour after the last dose for the day.

Note: Things that Neutralize Chlorine Dioxide are:
Vitamin C, Any Antioxidant, Coffee, Tea, Milk, Alcohol
All foods have to be organic, non-GMO, and completely natural

Note: If you don't like the following foods, research what are the essential nutrients needed for the body to build cells, build the digestive flora and feed the immune system. Then, find the foods that have the highest amounts of these nutrients and eat them! Nutrients naturally occurring in food is better than artificial synthetic supplements.

Proteins & Fats: (70% of diet) **Carbohydrates: (30% of diet)**

Meats: Beef, Chicken, Pork, Seafood, etc. Raw Honey, Fruits, non-pasteurized juices,

Dairy: Raw Milk, Raw Butter, Raw Cheese, Moringa, Green Vegetables, Nuts, etc.

Raw Cream, Eggs, etc.

More Essential Fats: Coconut Cream, Cold pressed Coconut Oil and Olive Oil, etc.

Note: Pasteurization kills all the benefits of dairy foods. Homogenization eliminates the fat. Pasteurization and homogenization render dairy products useless and even detrimental to the body.

Notes:

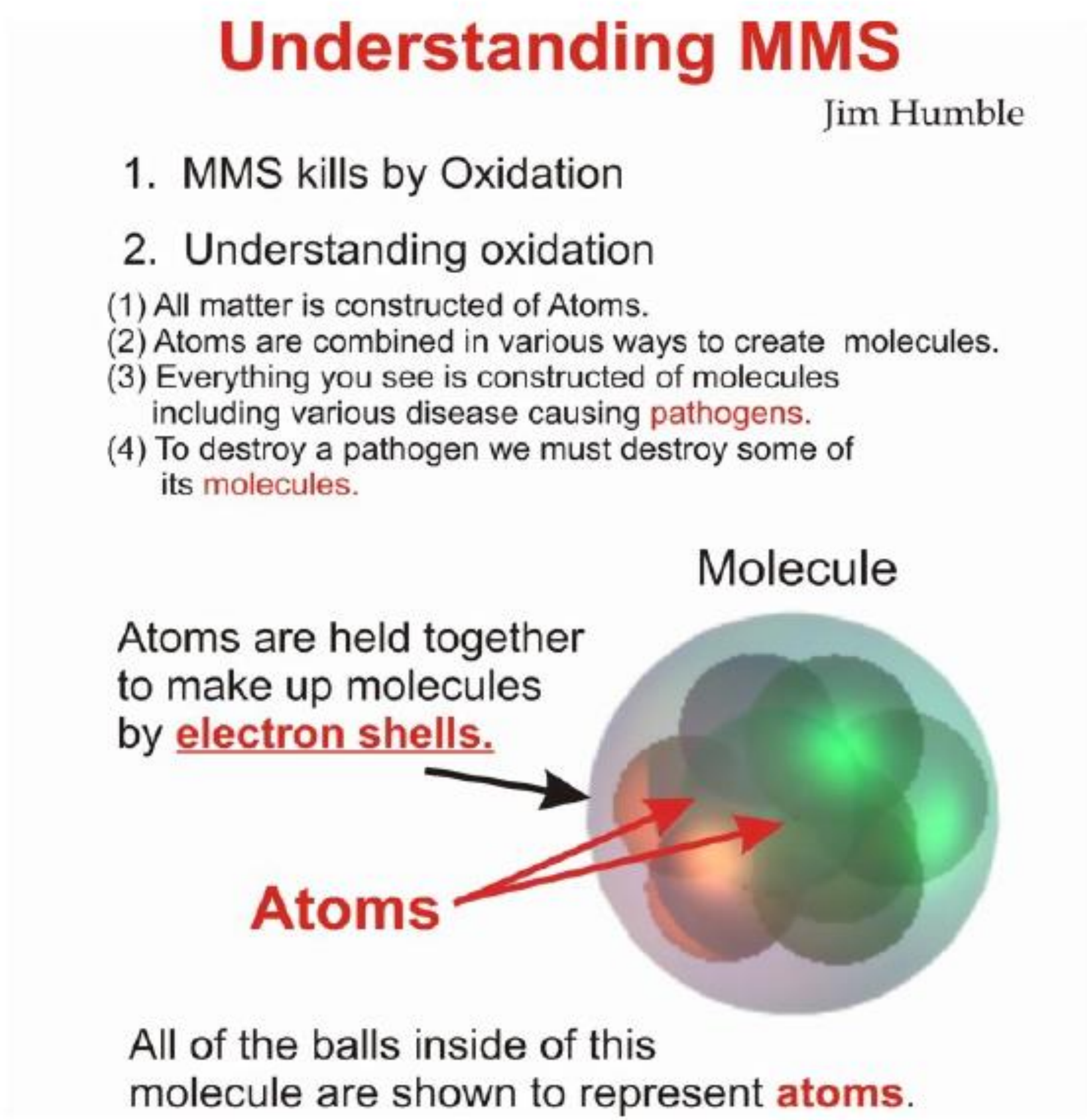
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49. – Conclusion Video #49

Here is a quick review of what we have learned:

1. How to make MMS from Sodium Chlorite.
2. How to dilute HCl to a 4-5%.
3. Sacramental Protocols (Starting Procedure, Protocol 1000, etc.)
4. How to Produce the Chlorine Dioxide gas to different applications.
5. Uses of Non-Activated MMS.
6. How to treat Malaria, Dengue and other tropical diseases.
7. Genesis II Church Diet
8. What chlorine dioxide is and how it oxidation works in the blood. (Section 50 read on)
9. How to start a church chapter. (Section 53 read on)

50. - Understanding MMS

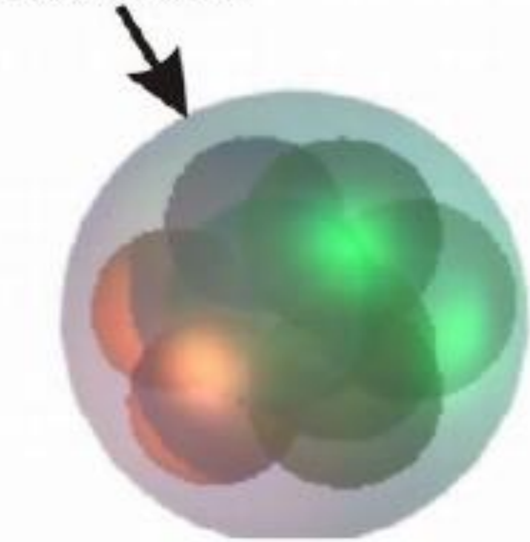


Understanding MMS

Page 2

Oxidation

Electron shell



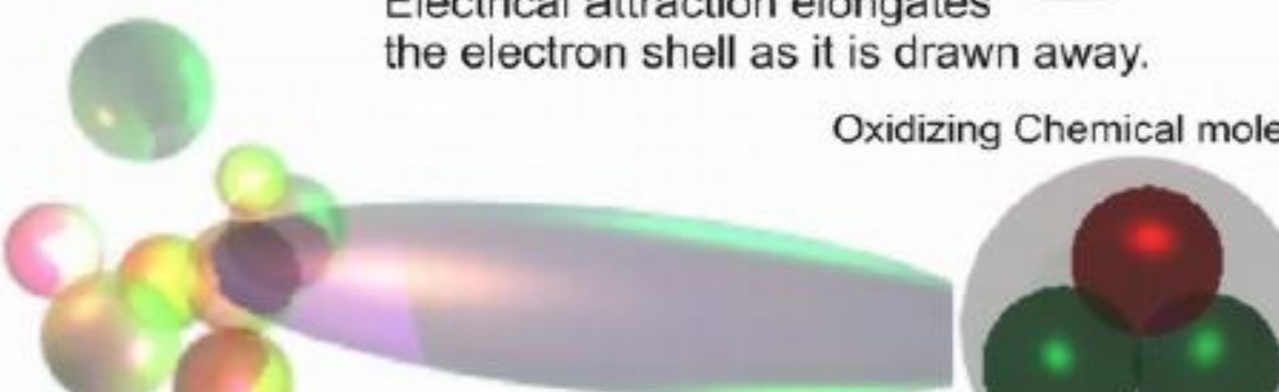
We can destroy this molecule by removing the electron shell. This is accomplished in nature or chemistry by drawing the electron shell off of the molecule. This is done with one of a series of chemicals known as oxidizers. Oxidizers destroy other compounds and in the process are themselves changed. The electrical charge of attraction of the oxidizer molecule is what draws the electron shells away.

Oxidizing Chemical molecule



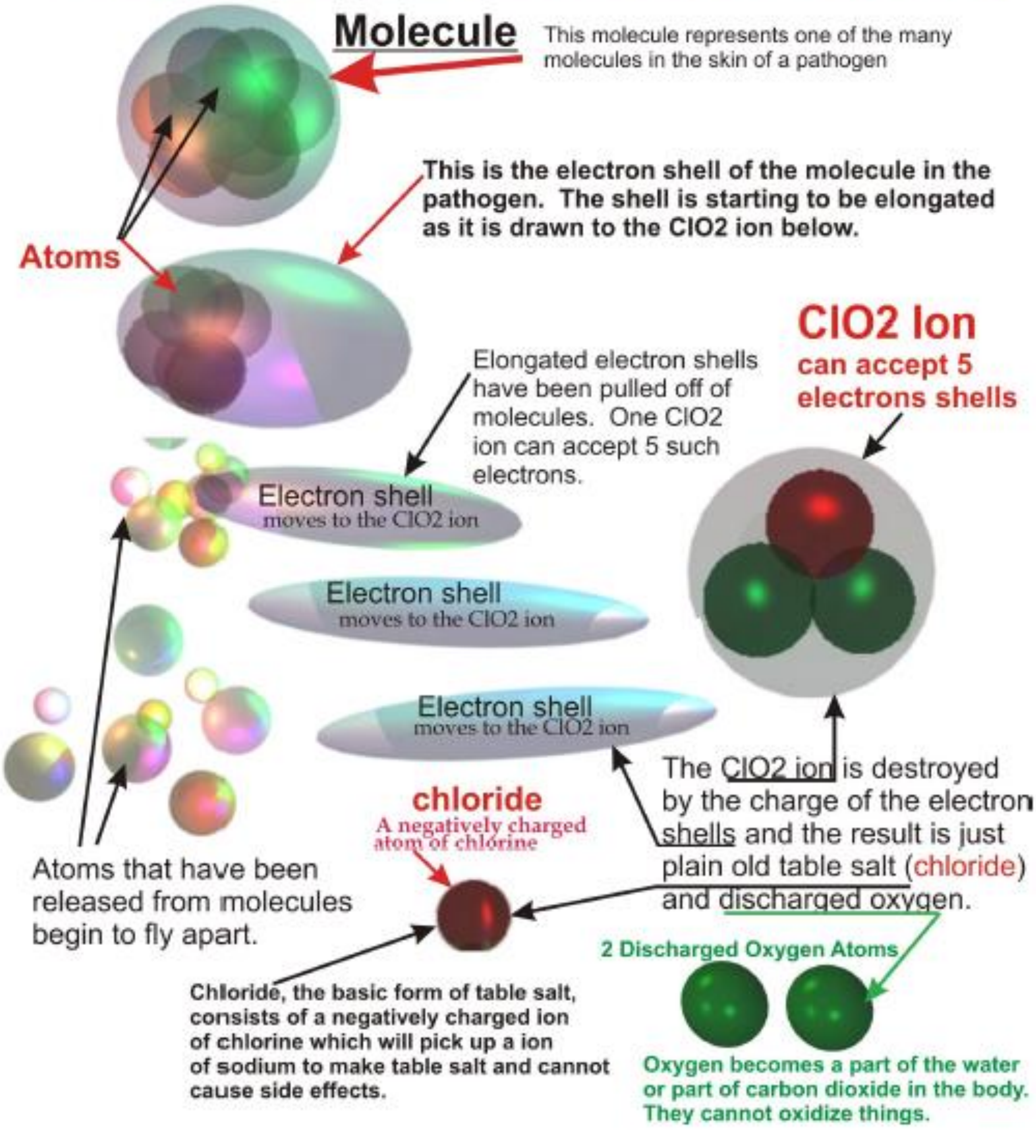
Electrical attraction elongates the electron shell as it is drawn away.

Oxidizing Chemical molecule



The electron shell has been removed from the atoms and they are beginning to fly apart. The molecule is destroyed.

Oxidation with Chlorine Dioxide (ClO2)



Understanding MMS

Wait: That's not the whole story! Why is it that MMS destroys only pathogens and not body cells?

It's because of electrical charge. Scientifically stated, ORP, or Oxidation Reduction Potential. But let's not get too technical. Let's just worry about the Oxidation potential. Or even more simply stated, Oxidation strength.

Different oxidizing chemicals have different **oxidizing strengths.** For example ozone has an **oxidation strength of 2.07 volts**. Now that might not sound like much, but ozone is the strongest oxidizer know. **Ozone** can oxidize anything in the world that is oxidizable, including your body. You can see why **ozone** can not only kill pathogens, but it can do damage to your body as well. The **Ozone** representation shows 3 oxygen atoms slammed together using high energy. Ozone is short lived, but while it is active it is a powerful oxidizer. In the body it gets used up fast because it oxidizes everything in sight. That's why it cannot penetrate really deep into the tissues. It gets used up destroying tissues as well as pathogens that happen to be there. There are, however, some valuable uses in the body.

Ozone Molecule



There are 3 oxygen atoms in the shell.
Oxidation strength is 2.07 volts

Everyone knows that oxygen is in the air we breath. All oxygen is found as oxygen molecules as shown on the right. We do not breath single oxygen atoms. Oxygen oxidizes hundreds of poisons that our bodies generate each day (Remember oxidation destroys compounds). If one does not get enough oxygen, the resulting poisons first destroy the brain. The **oxidation strength of 1.30 volts** is pretty much ideal. This strength cannot destroy tissues of the body except under exceptional conditions. But this oxidization strength can destroy all of the poisons generated by a healthy body, and many of the poisons generated by a sick body. We breath in oxygen and we breath out carbon dioxide. But carbon dioxide has the used up oxygen attached as dioxide. So you actually breath out nearly as much oxygen as you breath in. The reason why it is not totally as much is because oxygen also combines with some things in the body as well as tearing the poisons apart.

Oxygen Molecule



There are 2 oxygen atoms in the shell.

Oxidation strength is approximately 1.30 volts.

Chlorine dioxide (ClO_2), **oxidation strength .95 volts**. Now we are beginning to see why ClO_2 can kill pathogens and not harm the body. Tissues can with stand higher than 1.30 volts oxidization potential of oxygen. There is no reason why they cannot stand the 0.95 oxidation potential of ClO_2. If oxygen doesn't do damage to the body, then ClO_2 positively won't do damage. It's oxidation strength is way below oxygen. Pathogens are anaerobic microorganisms (they don't use oxygen), and basically they are the only non oxygen using organisms in the body. Since they don't use oxygen, they haven't developed a resistance to oxidation. ClO_2 kills viruses in a different way. It prevents the formation of the special virus proteins (that are not used elsewhere), thus resulting in the destruction of the virus.

Chlorine dioxide Molecule

(ClO_2)

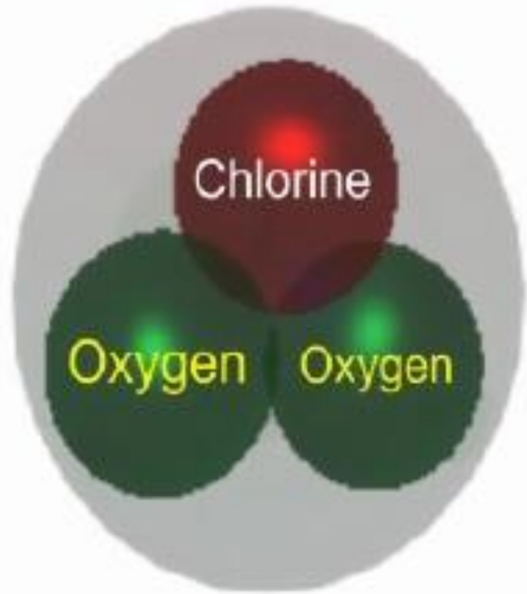


There are 2 oxygen atoms and one chlorine atom in the shell.
Oxidation strength is .95 volts.

Understanding MMS

So let's take a look at what makes the chlorine dioxide molecule so valuable for killing disease in the human body. These are the important specifications.

Chlorine dioxide



Oxidation Potential 0.95 Volts

1. Chlorine dioxide has an oxidization potential of 0.95 volts. Much lower than other oxidizers used in the body and thus cannot attack body cells. It is selective for pathogens.

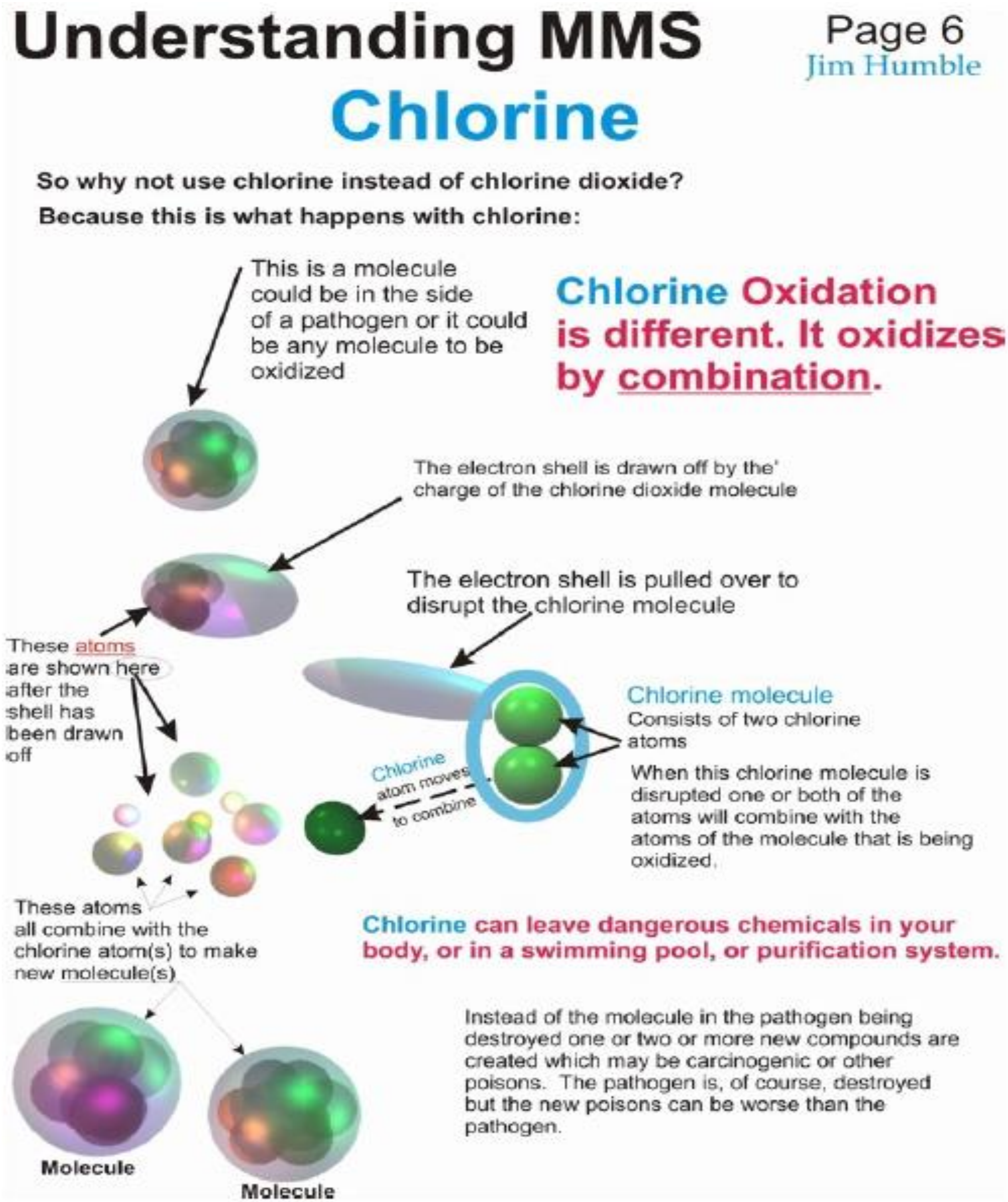
2. Chlorine dioxide has been used for sterilization of hospital floors, slaughter houses, and thousands of other application for 100 years and no pathogen has ever developed a resistance.

3. Chlorine dioxide is the most effective killer of pathogens known to man.

4. While chlorine dioxide is one of the weakest oxidizers it has the highest capacity of all the oxidizers for things it can oxidize. One molecule can accept 5 electrons which is 2.5 times more than ozone.

5. Chlorine dioxide exists in the human body for only a few hours and then deteriorates into plain old table salt and neutral molecules of Oxygen. There is nothing left in the body to build up or cause side effects.

6. Chlorine dioxide is extremely fast acting, and although some diseases take longer than others, malaria, the worst disease of mankind is totally handled in 4 hours.


Understanding MMS
Page 6
Jim Humble
Chlorine
So why not use chlorine instead of chlorine dioxide?
Because this is what happens with chlorine:
This is a molecule could be in the side of a pathogen or it could be any molecule to be oxidized
Chlorine Oxidation is different. It oxidizes by combination.
The electron shell is drawn off by the' charge of the chlorine dioxide molecule
The electron shell is pulled over to disrupt the chlorine molecule
These atoms are shown here after the shell has been drawn off
Chlorine molecule
Consists of two chlorine atoms
Chlorine atom moves to combine
When this chlorine molecule is disrupted one or both of the atoms will combine with the atoms of the molecule that is being oxidized.
These atoms all combine with the chlorine atom(s) to make new molecule(s)
Chlorine can leave dangerous chemicals in your body, or in a swimming pool, or purification system.
Instead of the molecule in the pathogen being destroyed one or two or more new compounds are created which may be carcinogenic or other poisons. The pathogen is, of course, destroyed but the new poisons can be worse than the pathogen.
Molecule
Molecule

51. - WORKSHEET (Exam)

20 CASES

For each case, write a wellness plan using the "client information sheet" that will be found in this book following the cases. Choose the major Health Sacrament and the additional Purification Processes that you will use, and give some (imagined) progress notes, termination date of treatment and case outcome. Compare your answers with those provided following the cases. *Page numbers eg. 2) [p.114-15] refers to "Master Mineral Solution of the 3rd Millennium"

1. Helen, a 73 year old woman, for an unknown reason, has swelling of her left ring finger, this has been going on for a week. Now it is twice the size of her right ring finger. The swelling causes the skin to break and there is slight bleeding and oozing around the breaks. She also has a bump about ½" high on her right wrist, which came overnight at the same time as the swelling started. There was no known injury. A Chinese doctor looked at the bump and told her it is a symptom of ageing that happens when ligaments get stuck together.

2. [p.114-15]* You are working in an alternative health clinic. Henry, a 10 year old boy weighing 65 pounds is carried in to see you by his father. He has pain and swelling in his left leg after putting his bare foot into a shoe where there was a spider. At the time of the bite, there was an intense burning, and the swelling began immediately moving from his foot up into the area above his ankle. His father brought the shoe in which now holds the dead brown recluse.

3. [p.225] George, 58 years old, was diagnosed with pancreatic cancer three months ago. Until that time he was a healthy laborer. Since then he has been treated by a local doctor near Mexico City, but the cancer has become worse and he has lost 40 pounds. He told his sister that he is ready to give up. His nephew, Julio who recently trained in the Jim Humble MMS program, decided to fly down and help his uncle. When he arrived, the uncle was lying in bed and no longer cared. Julio was determined to help him regain his health.

4. [p.29] Barbara, 30 years old, has the symptoms of a cold and her whole body aches. Her daughter, Babs, age 3 also has the cold symptoms and has been cranky and whiney for the past 24 hours. Barbara has two more children aged 5 and 7 who are not showing any symptoms.

5. [p.28] Nancy, age 34, received 3rd degree burns from a baking dish that slid across the rack of a hot oven. Her index finger and part of her right palm are very red and conspicuously burned, a blister seems to be starting. Nancy has severe pain.

6. [p.64] Diane, age 52, is 5”6’ tall, and weighs 200 lbs. she has a loss of appetite, aching body, headache and fatigue.

7. [p.63] Baby Joan, age 2 months, 14 lbs, has been crying and fussing for 6 hours. She has a temperature of 103.

8. [p.109] A colleague has invited you to come and work with an epidemic outbreak of malaria in sub-Saharan Africa. How will you prepare for this trip and what is your plan of treatment?

9. [pp.7,9] A level 5 hurricane has left thousands homeless and without safe water. There is an outbreak of diseases. 7 days have passed since the hurricane was over. You are part of the team of rescue workers going into that area today. How will you prepare for this trip and what is your plan of treatment?

10. [p.108] Al, a 60 year old man diagnosed with ALS (Lou Gehrig's disease) has heard that you have a new kind of medicine that might help him, though he has already been told by his physician that nothing further can be done for him. How would you respond?

11. A cholera outbreak has begun in an area recently devastated by an 8.0 earthquake. You are going in with the first alert emergency crew. How will you prepare for this trip and what is your plan of treatment?

12. [pp. 93,94] George, aged 62, has had a continuing slight pain in his hips and kidney area for several months. More recently, the pain has extended to his lower back. He feels a loss of mobility and is concerned that it may be arthritis.

13. [p.96] James, age 52, has been treated for leukemia for several months by a cancer specialist (oncologist). He is not getting better, and it has been recommended that he begin to search for a bone marrow transplant donor. He has started the search but in the meantime would like to begin to use MMS.

14. [p.99] Gene, 34 years old, conspicuously underweight with swollen jaw and face, is experiencing the intense pain of an abscessed tooth. He also has many other teeth with cavities.

15. [p.100] Paul, 48, has had diabetes II for about 12 years. With your guidance, he has been using Sacrament 1000 for three weeks and has seen no improvement.

16. Mazie brings her 6 year old daughter to you, who has the beginning stage of chicken pox, which is now going on with many children in her neighborhood. She hopes to ease her daughter's symptoms and prevent her two other children from catching the disease.

17. Marge, age 48, got a swine flu shot about a week ago. For three days following the shot, she had high fever (102) and vomiting with chills. Now she feels very weak, and has stiffness in her body. She would like to see if MMS could alleviate the symptoms she is experiencing.

18. [p212] You are working in an alternative clinic. A friend of yours who is a guide, brings Joe and his 9-year-old son into the clinic. They were climbing in the rocky hills of Colorado, and were hundreds of yards apart when the son started screaming that he had been bit by a snake. The guide who brought Joe to the site is your friend, and he knows that you use MMS. He drives the boy and his father to you immediately. They arrive at your door about 20 minutes after the boy was attacked. They suspect it was a rattler.

19. John is in third grade and several students in his class have been sent home today with pinkeye. You know he may have been exposed to this disease, and wants to prevent it from developing.

20. [pp32, 212,213] You want to go to the hospital to visit your father who is recovering from an operation. You are concerned for your own health as well as your father's, because you have heard that several visitors lately, have developed staph infections soon after their visit.

Answers

1. With questioning, Helen reported that the swelling and bleeding of her fingers and the bump on her wrist came after she had been on the old MMS1 protocol of 15 drops in the morning and evening for a few weeks. She was taking the protocol for a breast tumor after reading about MMS online. She had no one helping her and did not realize that the MMS treatment caused the symptoms. She should drop the old protocol and start the Starting Procedure working up to Sacrament 1000 for three weeks or until the finger and arm are healed.

2. Apply a generous amount of zinc oxide ointment containing at least 40% zinc to the wound immediately. Continue to use zinc oxide and begin Starting Procedure for a few days until the problem is healed.

3. Start Jeorge on Starting Procedure, Sacrament 1000, then as soon as possible, move to Sacrament 2000. Add sacrament 3000 right away. By the end of one week, Jeorge is up and talking about going back to work. By the end of three weeks, Jeorge is taking walks and doing isometric exercises. At four weeks, he returns to work.

4. Barbara and all her children should start the starting procedure for at least one week, or until they are all well.

5. Gently put unactivated MMS over the hand. Wait 5 minutes, rinse, and repeat in about 5 minutes if the pain is not gone. Repeat again in an hour if needed, to overcome the pain. Use this technique as long as there is pain, but do not leave the MMS on for more than 5 minutes at any time.

6. Diane should begin Starting Procedure immediately and work up to Protocol 1000

7. Give Baby Joan Starting procedure for babies, adjusted for her weight. You probably will want to use item #24 in this book - Syrup for Children. Dosage for 14 pound baby is usually ½ drop per hour.

8. You may need to bring a supply of sodium chlorite and HCL or citric acid. Start everyone who has malaria on a 15 drop dose for the first two hours, then a six drop dose for each hour if the malaria is not gone. If the first 15 drop dose causes nausea and sickness, reduce by 50% or 8 drops for the next dose. If it still causes nausea, reduce to 4 drops an hour, and if that causes sickness, reduce to 2 drops an hour. Continue with whatever dose they can tolerate on an hourly basis until they are well.

9. Bring sodium chlorite, citric acid and calcium hypochlorite. Treat all water with 4 drops of standard MMS per gallon. Activate MMS if the water will be drunk right away, but always wait

for at least one hour. For Gallons of water that will not be used until 24 hours, it is not necessary to activate the MMS as the water will activate it. Treat each case individually, but start all cases start with Starting Procedure.

10. Start with Starting Procedure then Sacrament 1000 using 1 or 2 drops every hour, and gradually increase to 6 or 8 drops every hour as long as one is awake and out of bed. Add it to juice or water. The idea is to keep the body saturated as much as possible with chlorine dioxide. Use Sacraments 2000 and 3000 and any other techniques you can use to get MMS into the body. Use bag treatments, baths, footbaths, breathing the gas, use everything. Keep at it but don't make the patient feel sicker than he already feels. Use CDS in as large doses as possible for all of the above suggestions. The CDS may be the only thing that will save this person.

11. Find out if there are any MMS supplies there. Provide what is needed of the following:

   a. Sodium chlorite powder, HCL, citric acid powder, CDS set-up accessories, DMSO, small bottles for people to treat themselves and their friends, spray bottles and calcium hypochlorite. Treat the water with 1-5 drops drops MMS per gallon, (depending on how dirty it i. Set up clinic. Write treatment instructions for each person.

12. Start George with Starting Procedure then Sacrament 1000 then 1000 plus and the big bag treatments. If no improvement in two weeks, go to Sacrament 2000.

13. Start with Sacrament 2000 ASAP, add 3000 and other sacraments that seem appropriate..

14. Start with a 10-drop dose (add 10 drops of DMSO if the teeth are abscessed) in 4 oz water. Pour some onto a soft toothbrush and brush 4 or more times a day. Store in a container that has a secure lid. Continue as long as the mouth is not healthy. Have this person go to a dentist to handle the cavities, but only after his mouth is healthy.

15. Paul should continue Sacrament 1000 for another week. If the diabetes has not cleared at the end of 4 weeks, start Sacrament 2000 and continue until the diabetes is cleared, then focus on nutrition. It occasionally takes up to 3 months but that is rare. He should take maintenance doses of MMS after the diabetes is clear.

16. All three children should start the Starting Procedure.

17. Start Marge on Starting Procedure and work up.

18. Activate 3-4 drops of MMS and apply it immediately. Also give 6 activated drops of MMS orally, repeat this procedure 15 minutes later. Continue these treatments every half hour for several hours. See a doctor but do not allow him to cut the bite, as it will spread the poison.

The MMS may make the boy sick, but better sick than dead. USE CDS IF POSSIBLE FOR THE BOY.

19. Start John on Starting Procedure and prepare a ½ drop solution to spray in his eyes every hour for three or four hours.

20. Place a saucer with 10 drops of activated MMS near your father. Start your father and yourself on Sacrament 1000. Sit by his bed and give him a drink from your coke bottle every hour with MMS in it.

52. Sacramental Guidance Information Sheet

Member's Information

Name____Date_________________________

Contact information_________________________ presenting problem______________________________

Things client wants us to be aware of (allergies etc.)____

Circle the <u>main</u> Health Sacrament you will use for the Wellness Program for this person

Sacraments: **1000** **1000 plus** **2000** **3000** **4000**

Circle all Health Sacraments you will use to facilitate the Wellness Program for this person

Health Sacrament 1000 Spray	Ear Drop Health Sacrament
Health Sacrament 1000 and 2000 Capsules (MMS1)	Health Sacrament for Staph, MRSA, Boils
Health Sacrament 2000 and 4000 Capsules (MMS2)	Breathing Mist Health Sacrament
Morning Health Sacrament	Enema Health Sacrament
Mouth and Teeth Health Sacrament	Douche Health Sacrament
Gas teeth and Mouth Health Sacrament	DMSO Health Sacrament
Contagious Disease Protection Health Sacrament	Diatomaceous Earth, DE Health Sacrament
Breathing MMS Cup Health Sacrament	Clay AZ Health Sacrament
Big Bag Health Sacrament	Inactivated MMS Health Sacrament
Eye/Nose Drops Health Sacrament	Zinc Health Sacrament
Bath or Foot bath Health Sacrament	MMS Syrup Health Sacrament
Autism Program	CDS

Use the above list as a guide in developing individual Wellness programs

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53. How to start a Genesis II Church Chapter

To start a Genesis II Church chapter you will need to meet the following requirements:

1. Become a Health Minister by attending a G2 Seminar or completing a Genesis II Church Video course
2. Request and approved for a Genesis II Church chapter
3.
4. Make a Public announcement in the local newspaper for two weeks. Copy and post also.
5. Post the following documents in your place of abode, preferable on the wall in the entrance of your house.
   At least post the Church Logo at the entrance of your home and the rest in your Church office.

Note: After you have treated and documented giving Health Guidance to 10 people you can request to become a Bishop.

Certificates to post on wall

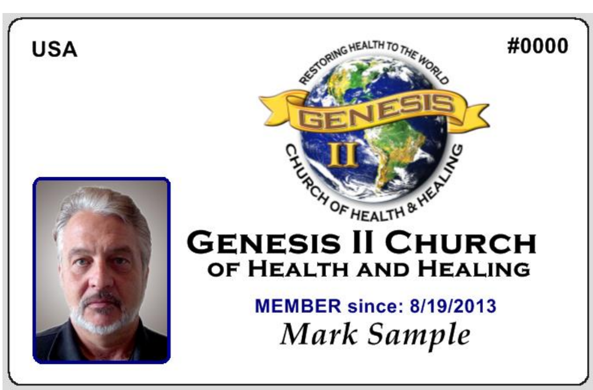
1. **Health Minister Certificate**
2. **Church Logo**
3. **Church Creed**
4. **Church Chapter Authorization**
5. **Public Announcement**
6. **Church I.D.**











This card signifies that this member of the Genesis II Church of Health & Healing has the God-given, unalienable rights to control and maintain their personal health. All members are exempt from any means not chosen, including but not limited to; vaccinations, medications, X-rays, scans, or health insurance mandated by any human government or authority.

Genesis II Church members have the God-given, unalienable right to choose products for their health, including but not limited to; food, plants, vitamins, minerals, herbs and all remedies in any quantities they consider useful or necessary for his or her personal health or the health of his or her family. All members have the right to freely acquire these products for the health of themselves and for other members of the Genesis II Church of Health & Healing, and to maintain such products at their place of abode or wherever they deem necessary.

Note: The Genesis II Church will vigorously prosecute any and all persons who violate the religious rights of all members of our church. If any of this member's rights are violated, he or she will contact the Genesis II Church

legal@genesis2church.org - http://genesis2church.org

54. 29 Reasons you may not be having complete success with MMS

We have people writing to us asking why they haven't had their "health restored" from a certain disease when they read testimonies from others that have the same disease with complete health restoration with testing done before and after finishing the sacraments. Are these testimonies real? How can we make statements like, MMS restores health from 95% or more of the world's diseases, when some with the same diseases that have had their "health restored" are still struggling with their ailments?

These are legitimate questions and we want to address them in this newsletter.

First of all, everyone is like a petri dish, if you will, with each one dealing with its own unique pathogens, circumstances and issues.

What does it mean to cure 95% of the world's diseases?

Well, no one knows exactly how many diseases there are on the earth. And more being found frequently. Are they all organic or biological, or inorganic such as, Morgellons disease?

We HAVE "restored health" to 95% of the known worlds diseases. That statement means that of the KNOWN diseases of this world we've seen health completely restored. But it DOES NOT mean that 90-95% of the people that have taken MMS have seen their health restored!

The problem is not that MMS doesn't kill 95% or more of the world's pathogens, but that the person taking the sacraments isn't doing something correctly, or there is another factor that is stopping their health from "being restored".

This is what I want to focus on in this newsletter. A lot of factors and variables have to be considered here.

Although, this is not an exhaustive list it is one that has come as a result of treating people around the globe.

We have to consider the following:

1. Are the Sacraments being adhered to?

Probably the #1 reason why people aren't having complete success in "restoring their health". The MMS sacraments were developed by trial and error.

In the beginning Jim Humble, did not know exactly how long activated MMS or Chlorine Dioxide lasted in the body. We now know that it can last up to 1 hour in the body. We understand that

although a few doses during the day can kill pathogens, it is much more effective in ridding the body of pathogens if the dosing is CONSISTENTLY being taken every hour for 8-10 hours a day. That CONTINUED hourly bombardment of Activated MMS or Chlorine Dioxide in the body against the pathogens can increase the results tremendously! The person has to be consistent and dedicated to their hourly dosing. We know that it isn't convenient when working or traveling, but with the development of the 1000 sacrament in a daily bottle it is much easier. You can now prepare you whole day's dosing in a 1 liter or 1quart bottle and carry it with you the whole day. So, now it is a lot easier and more practical.

Note: You have to remember to keep it out of the sun so not to neutralize it's strength. A good idea is to set you phone's alarm to go off every hour as a reminder.

So, <u>DO YOUR SACRAMENTS CONSISTENTLY IF YOU WANT GOOD RESULTS!!!!</u>

2. Dosing

The basic MMS sacrament is 3 drops and hour for 8 hours. It is called Sacrament 1000 and can be taken with MMS1, (MMS activated), or CDS. Although this sacrament done for 3 weeks “restores health” to most health issues, many times we have to “ramp up” the doses to have better and quicker results. This is especially true with Herpes, Diabetes, HIV and 4 th stage cancers. “Ramping up” is adding 1-2 drops an hour as soon as the body tolerates MMS well. By staying at the “standard” 3 drops an hour can take longer than 3 weeks, so the sacrament 1000 for 3 weeks might not “restore health”. “Ramp up”!

3. Neutralization

Another reason why people aren't having success is they are neutralizing the doses. During the daily sacrament, you have to eliminate things that will neutralize or weaken the solution such as: Vitamin C, Coffee, alcohol, chocolate, anti-oxidants

a. too many things at once

b. recreational drugs

Note: If you are adding DMSO to your sacrament, i.e. Sacrament 1000+, you have to add the DMSO separately each hour by pouring out your hourly dose into a glass then add you’re DMSO, wait 3 minutes then drink.

Example: We had one guy come to us that had been taking MMS for 2 years without good results. I asked him what else he was ingesting during the day and he said, only 3,000 milligrams of Vitamin C! Well, no wonder he didn’t have good results, he was neutralizing the doses.

Note: If you want to drink coffee or tea then do it for breakfast then wait an hour before you start your daily dosing. We have people taking Moringa 1-2 hours after the daily sacrament because it contains 47 antioxidants and by the time they start the next day's sacraments it is out of the body.

Important: Learn how to use the Chlorine Dioxide high range test strips and test all liquids used to see if the chlorine dioxide is being weakened or completely eliminated. It is crucial to keep the chlorine dioxide working at its optimum potential consistently. It is best taken with distilled water, especially with the taste factor almost eliminated with CDS or the activation of MMS with 5% HCL, (hydrochloric acid). HCL is produced by the body and is used in the stomach.

4. Potency of doses (STRENGTH)

There are two things I want to mention here. First of all, is the MMS, CDS, DMSO, MMS2 the correct strength? If not, then you are not going to have the same results. The sacraments are based on a certain concentration of strength such as, MMS is 22.4% solution, MMS 2 is 65-75%, DMSO can be found anywhere from 70-99%, The sacraments using CDS were developed based on 3,000 ppm not 6,000, 12,000 etc.! We've had people come to us and test the potency of their MMS solution and it was 10-15% which is weak with some samples not even activating! So, make sure you get your products from people we recommend because we've tested them already.

We are NOT saying that all sellers are selling weak products, but we can only recommend those we know are producing their products correctly. So, be careful what you are buying because you want the correct potency. It is your health you are trying to restore and not theirs!

Note: Strong CDS such as 6,000 ppm and up can be explosive! It is not necessary to have CDS any stronger than 3,000 ppm, so don't buy it with a higher ppm. It will not "restore your health" any faster anyways! The hourly dosing once diluted is around 50 ppm. You can ingest it up to 100 ppm without discomfort, but when you go higher then it irritates the throat and mucus membranes.

And can be uncomfortable.

“If you start out with the wrong potency then you could end up with a different result or no result”.

5. Time (how long to take the Sacraments)

The standard Sacrament dosing time frame is 3 weeks. After the 3 weeks, if your health isn't restored from whatever disease you are trying to eliminate from your body then just keep going until it is!

Especially with diseases such as Herpes, 4th stage cancers, debilitating diseases, diabetes, high blood pressure.

Note: If someone has had a disease for a long time, then it will usually take longer to eradicate it from the body.

<u>Keep going til you are successful!</u>

6. Different reception of host

EVERYONE responds differently for a variety of reasons such as:

- **Parasitical infestations**
- **Liver problems**
- **Lung problems**
- **Toxicity of the body, i.e. the body is full of toxins and needs detoxing. When one is in this condition, you have to go VERY slow.**
- **Compromised immune system**

Everybody has different issues they are dealing, so the reception of chlorine dioxide in the body differs.

Note: Don't think everyone responds the same and adjust accordingly, i.e. reduce dosing as needed or ramp up if possible. While one person may be able to "ramp up" to as high as 10 drops an hour others struggle with 5 drops an hour. So, adjust accordingly, but DON'T STOP!

7. Multiple complications or diseases

We've had people come to us for "health restoration" with breast cancer, leukemia, diabetes all at the same time. Now, when dealing with multiple diseases one has to religiously take the sacraments while "ramping up" and plan on doing the sacraments for longer than 3 weeks, more like months to completely restore one's health.

<u>Remember</u>: the longer one has a disease or multiple diseases the longer it takes to eradicate it from the body.

8. Previous Therapies

We have had people come to us, "on their last leg" and have had multiple chemotherapy treatments, radiation and surgeries which makes it hard to "restore health" due to weakened immune system, removed spleen and/or lymphatic system as well as the circulatory system cut and cauterized to hinder blood flow.

When a person is trying to "restore health" and has these situations to deal with he or she has to understand it might take much longer to detox the body from pathogens and "restore health".

9. Diet

To build the immune system, one has to give the body the essential vitamins, minerals and nutrients. The body assimilates these essential best in their natural state. Organic foods, no GMO's, no hormones, no preservatives or processed foods.

We recommend to build the immune system foods such as:

- **Raw milk**
- **Raw butter**
- **Raw cheese**
- **Fresh organic beef liver, chicken liver and red meat with the fat esp. red meat.**
- **Raw honey**
- **Moringa leaf (high in antioxidants) <u>only to be used after daily sacraments.</u>**
- **Fresh organic fruits and vegetables. Juicing raw is great!**

Note: If one is doing the sacraments and follows an unhealthy diet then the results could be affected.

10. Parasitical infestations

We have started having people do a parasite cleanse and have seen better and faster results when the parasites are eliminated from the body. Everyone in this world has parasites they deal with in their lifetime but if the body's immune system is strong they are kept in check. But, when one's body is infested with parasites it has to be dealt with to "restore health" completely.

Note: Everyone should do a parasite cleanse once or twice a year to keep the body cleansed especially, those working in areas where they live and breed i.e. working with animals, sewage and other such areas.

11. Stress on immune system, (weak or non-existing).

Stress is a "killer" to the immune system if the body. Work, home, finances, relationships and just plain living in this world can cause a lot of stress if you let it. With a weakened immune system the body doesn't have its internal pathogen killing ability to help "restore health".

Note: Try to live a stress-free life as much as possible while trying to overcome any health issues.

12. Attitude (You need a gratitude attitude)!

Having a positive attitude when trying to heal the body is essential. Be grateful for life itself and the pleasures it brings.

Note: Try to keep negative people and situations away from one's self when trying to "restore health".

13. Blood testing (false positives and out right errors i.e completely untrue)

Herpes

We have had people have a positive test for HPV and never have a breakout and have had people test negative and have had breakouts. Are these tests reliable? We spend more time asking people we are "restoring health" to, how do you feel? We want them to tell us the differences in their bodies if any and watch to see if they are gaining weight, sores healing, skin rashes and irritations gone and general sense of wellbeing, being restored. Those things are positive indications of health being restored even if the tests don't agree.

Note: Many times it is months before people get the results they what and maybe never, but "How do they feel?"

Autoimmune deficiency

The test for HIV is a test that looks for evidence of the presence of 47+ auto-immune deficiencies. It has been proven that many pregnant women test positive for HIV when in reality they are later testing as negative. People that have had tetanus shots have also tested positive for HIV when later testing negative. This has also been known to occur for people that have had a yellow fever vaccine.

Note: Watch out believing the HIV test!

14. Surgical destruction

It is difficult for the body to eliminate toxins form the body when the body's system that is in control of elimination such as these mentioned below are eliminated or damaged. Here are some key components of the body's immune system:

- **Cutting out immune system (Lymph-nodes)**
- **Colon removed**
- **Kidneys removed**
- **Lung removed partially or completely**
- **Brain surgery (removal of brain matter and veins cut and cauterized)**
- **Spleen removed**

Infections such as MRSA – Staph infections, are common results of surgeries worldwide and the present of this bacteria in the body hinders the restoration of health until it is eliminated.

15. Vaccines residue

Vaccines have been proven to cause many diseases such as Autism, paralysis, partial or complete, strokes, neurological disorders to name a few.

- **Heavy metals – Mercury, aluminum and others**
- **Toxins – Formaldehyde, alcohol**

- **Diseases – The creator of the polio vaccine admitted that up to 50 diseases such as cancers and diabetes were added to the vaccine for polio.**

Note: If someone has had multiple vaccines the restoration of health can be hindered.

16. Non-biological agents

High amounts of Asbestos in the body can hinder health restoration esp. in the lungs.

Morgellons disease is a disease that puzzles many because there is worm-like strains coming out through the skin and eyes and when examined under a microscope names of pharmaceutical companies are seen! This is not a natural occurring disease.

Note: There may be many more non-biological pathogens in the world that we have to consider when trying to "restore health".

17. Family pressure

Family and friends can really discourage one from taking the sacraments correctly by being negative about what is being taken as well as doubting it will even work. Husband not supporting wives and vice versa cannot discourage one from continuing and therefore not achieving restoration of health.

Note: The support from family and friends when trying to restore one's health is very important and the lack thereof can reduce the results of the sacraments.

18. Psychosomatic factors

Psychosomatic disorders are real to the person that has them but they don't really exist i.e. the person believes he or she has a diseases that really doesn't exist!

Psychosomatic illnesses exist and need to be considered when trying to "restore health".

Note: if a person has been on the sacraments for a while with no results at all, then this has to be considered, especially if the person has psychological problems.

19. ENVIRONMENTAL TOXICITY (pollution)

We all know that our world is polluted to a certain extent evidenced by the pollution seen in the skies over the cities of world. We also have pollution in the following areas that we have to deal with on a daily basis.

- **Work place - chemicals and toxins used in the work place**
- **Home chemicals – household chemicals and toxins used in the home**
- **Environmental – radiation, microwaves, radium etc.**
- **Chem trails – aluminum and barium sprayed throughout the world**
- **Water supplies – sewage, chemicals and toxins in the water we drink, Example: Fluoride**

Note: If one is trying to "restore health" and is constantly in contact with high amounts of toxins, the body's immune system is occupied in trying to deal with eliminating these toxins and healing is more difficult and maybe the "cause" of the disease they are trying to eliminate!

20. Permanent damage (accidental, birth defects or surgical)

All the body organs and systems need to be in good condition if the body is to work at it's optimum capacity and if there is permanent damage to one or more of the body's functions then the restoration of health is hindered or not possible. i.e. if someone is paralyzed because of spinal cord damage then the ability to move certain parts of the body may never be restored. If the following parts of the body are permanent damaged then it could be possible to restore function but many times it is not.

- **Brain damage**
- **Nervous system**
- **Circular system**
- **Appendix, Spleen**
- **Permanent damage through surgery**
- **Liver**
- **Heart**
- **Digestive system, (stomach, intestines and colon).**

Note: We have seen those that have been told they had permanent damage and seen it reversed! One only knows by following the sacraments correctly, so try the sacraments to see if your condition can be reversed and "health restored".

21. Organ toxicity

If the organs of the body are very toxic then these organs have to be cleansed slowly which will take more time in "restoring health". The following organs have to be slowly detoxed to eliminate poisoning the body by not being able to eliminate the toxins quickly enough due to lack of function.

- **Liver – (Sclerosis, liver cancer, hepatitis)**
- **Kidney -(On dialysis, kidney stones, infection)**
- **Gall bladder - (Gall stones, infection)**
- **Colon – (Clogged colon, cancer)**
- **Lungs - (Cigarette smoking is full of toxins and is counterproductive when trying to restore health to the lungs, but possible)**

Note: Although these are conditions that may hinder chlorine dioxide's effectiveness, we have overcome these conditions while "restoring health" to individuals. Remember every one responds differently, so do the sacraments correctly and don't stop! These are things to consider if you aren't seeing good results. It might just take longer.

22. Fungi

MMS is very good at "restoring health" with the presence of fungi, but there are a few that it can't eliminate. If the fungus is throughout the body and is located in an area where you have other issues, such as, diabetes related infections in the legs and feet then the restoring of health maybe be slower.

Note: A good way to test if there is the presence of a fungus that MMS can't defeat, you can apply activated MMS Spray on the area and if it burns (as if on fire) then the fungus may not respond to treatments.

Solution: Mix Aztec Clay, (bentonite clay), with Vaseline or olive oil and apply on the infected area and wrap it for the night as you sleep. If the fungus is on the feet then apply the mixture to the

infected areas, wrap with a plastic cellophane and put sock over it then go` to bed for the night. This works real well!

23. Re- infected

You can have your "health restored" completely by using the sacraments and then be re-infected with the same disease. If a person has a sexually transmitted disease and his or her partner hasn't taken the sacraments or hasn't completely "restored health", then the disease can be passed back to the partner again.

Just because a person has completely "restored health" it doesn't mean that they can't re-infect themselves again. If one continues the lifestyle or the exposure to a certain disease again after they have had their "health restored" then reinfection can very well occur.

Note: To eliminate re-infection of a certain disease, a lifestyle change has to take place to eliminate continued exposure.

Example: If one has contracted cancer and works with a lot of radiation constantly then they will have to be really diligent in eliminating exposure or just change jobs.

Example: If a person has multiple sexual partners then there has to be diligence in protecting one's self or only have one partner to eliminate the risk of re-infection as long as the partner is free of the disease. If not wait until the person's health is restored. Condoms don't necessarily protect from sexual diseases.

Make sure you clean the areas where contact was made with the other person with MMS1 or CDS. Carry a spray bottle of MMS1 or CDS with you to cleanse yourself.

24. Lack of finances to continue

Even though the sacraments we use are relatively inexpensive, there are some in this world that can't even afford that amount. If the product runs out then the sacrament is stopped and health is not restored even though one feels much better and has been alleviated from the symptoms, but not the health issue completely.

Note: If you start the sacraments make sure you can finish until health is restored. Solution: Usually family and friends will help if you let them know you might need some assistance. Try to plan for this ahead of time before one runs out of product.

25. Self-deception

People can deceive themselves in thinking they are well when in fact they are still sick. Accept reality and take personal responsibility for your health and continue until all symptoms are gone no matter how long it takes.

Note: Even after one's health is restored, continue on the "maintenance doses" and maintain a good diet to keep the immune system strong.

<u>Yes, again it might mean a lifestyle change!</u>

26. Adjusting the doses

Even though it is mentioned above, it is important to mention just how to adjust the dosing. If a person is really sick then, you must go slowly, i.e. if a person has 4th stage cancer in the liver or lungs then we start with 1 drop an hour. If there is any adverse reaction then we reduce the dose to ½ drop an hour. This applies to all so-called terminal diseases. After reducing stay at that dose until one feels better to go up. Increase the doses SLOWLY! Don't stop!

If a person is adding the DSMO hourly, i.e. sacrament 1000+, and has a herxheimer reaction, then stop adding the DMSO for a day or so then try adding it again.

Note: Herxheimer Reaction or oxidative stress is when the body has so many toxins being put into the blood that the body can't eliminate them fast enough so there is flu-like symptoms, (aches and pains in the joints and muscles, fatigue). When this happens reduce the dosing, maybe even start over.

Same when taking the Sacrament 2000 which is the addition of calcium Hypochlorite. If you add the MMS2, (Calcium Hypochlorite), and feel like you can't tolerate it then stop a few days then try again.

Note: We start the dosing of MMS2 with only a 1/16 of a "0" size capsule, 4 times a day during the sacrament every 2 hours, taken on the half hour. One can also try by starting 1-2 capsules a day.

If at any time the addition of DMSO or MMS2 or both becomes intolerable, then eliminate both of them and just do the Sacrament 1000 for a few days. When resuming the sacrament 1000+ or 2000 start slower.

Note: We have noticed that a person can do well with the sacrament 1000 and ramp up to 20 ml of CDS a day without a problem but when DMSO is added they "hit the wall" so to speak and can't continue. Eliminate the DMSO for a few days and reduce to 10 ml of CDS a day when trying to add the DMSO. Same is true for the addition of MMS2.

The thing to learn here is, ADJUST, your dosing according to how you feel. Too much reaction then "reduce". No reaction "ramp up". It is not bad to start over with the minimum doses you started with if necessary.

Note: Very few people have had to stop completely when they have learned to “adjust” their dosing according to how their body response. Learn your body's reaction, adjust as necessary.

We want a comfortable healing. You don't want to get sicker, so whatever is causing discomfort reduce it or eliminate it.

Remember: Everyone responds differently, so don't compare yourself to another person's experience you might have read about or talked to.

27. Trusting in the Medical and pharmaceutical system.

We have had coming to us people that are on meds because their doctor told them they would need them for the rest of their life. Example: Blood pressure, diabetes etc. We allow people to do whatever they want. It is their body and their responsibility. Some decide to discontinue their meds while others don't. Others choose to reduce the dependency slowly over time. It is up to each individual, but if they choose to continue taking their meds then the meds can be neutralized, (made ineffective), and the potency of the sacraments could be weakened.

Note: The human body came complete with its own disease fighting system and if working correctly then NO DRUGS are necessary to remain healthy.

28. High tension wires & Microwaves

It has been observed that people living near high tensions wires have had a higher rate of brain cancer and cancer in general. Living in an environment where there is a lot of high voltage or microwaves in the air could hinder health restoration.

Example: I read a few articles years ago about Americans working in the American embassy in Moscow during the cold war. There was a high rate of cancer among the embassy workers. Many thought the reason was because the Russians had high-powered microwaves pointed at the embassy constantly for surveillance or whatever their reason.

Note: If you are living in an area where there is direct exposure to high electricity or microwaves, you might consider relocating during the sacraments to see if this is hindering your health restoration. It might even be the cause of your illness or illnesses!

29. Dirty Water

Here is one that should be obvious to all. We all need a clean water supply. Pathogens and contaminates need to be eliminated from the water we drink daily. Chlorine and fluoride are used worldwide in water supplies and can have devastating results. Clean your water supply with MMS1 if you have a water reservoir or use a filter to purify the water you drink. Do both!

Note: For the sacraments we recommend distilled water or at least reverse osmosis and UV treated water. Distilled water is the best!

In conclusion, I have mentioned 29 reasons why MMS is not restoring your health, there might be more. If so, we will write about them as we become aware of them. Even though these reasons can affect the results of your health restoration, we have seen remarkable results worldwide when following the MMS Sacraments or Sacraments of the Genesis II Church of Health and Healing. Many times in spite of these reasons, complete "Health Restoration" has been accomplished!! And we are getting better at it all the time! I hope this information has helped.

30. The amount of stomach acid may neutralize weaker forms like CDS or CDH so change to the drops

Let's change the world together!

Archbishop Mark S. Grenon

55. "Acidity vs. Alkalinity Life or Death" or "The Ph Fallacies"

The human body is an oxidation powered machine. Stop oxidation and you stop life. Cyanide, the poison that spies used to kill themselves with during the war, is among the strongest poisons known; the science of cyanide is that it is probably the most powerful antioxidant in chemistry. Let's say you are a spy and you have just been caught. You crunch down on your false tooth with a tiny amount of cyanide in it; it quickly spreads through your body stopping all oxidation as it goes. Your heart pumps harder and harder and harder, trying to get fresh blood, but there is no fresh blood as the tiny amount of cyanide is soon mixed everywhere fired by your heart pumping harder and harder. Your heart gives one last tremendously powerful beat, probably the most powerful beat ever, and you are dead. The point is the body is totally dependent on oxidation taking place at all times. Cyanide kills because it stops all oxidation in the body almost instantly. And guess what?

Your body would then be alkaline as all dead bodies are alkaline.

All we of the Genesis 2 Church want is to bring the facts to mankind. In this case I don't talk about the truth because what each person believes he considers is the truth, and beliefs may or may not be the truth. Today we want to talk about facts. You can't argue with facts if you have any sense. Facts just are. All we want to do is save mankind from the evil and brutality that has been the curse of humanity for tens of thousands of years here on earth. That's all.

It is not our agenda to push our beliefs. If the evidence was that vegetarianism would make you the healthiest we would go for it in a second. But I have worked with nutrition and vegetarians for 60 years as I have already said. I just want the best for our Church and for mankind.

Mark spent 20+ years bringing the best health he knew about to people in Africa and in the Dominican Republic. When he heard about MMS, he went about proving that it worked by actually using it. <u>When he proved it worked</u> on his own family with MSRA, (Staph), then many others, I received an email while I was in Africa saying Mark wanted to sell his compound and come work with me. Do you see, he didn't have any other agenda except to help those who suffer to become well. And my story is similar. I discovered MMS in a jungle in South America. I proved that it worked on myself at my risk, and then treated a hundred people with malaria and other diseases before leaving to do more research. A number of people came to me with plans to make millions on MMS by controlling it and selling it for high prices. But instead of listening them, I wrote a book telling the details of how to use it and how to make it and published it to the world. Why would we want to tell you anything except the very best that we know? What would be our reason for pushing something that doesn't work or that is bad for you?

And now we have more than 500 trained Ministers of Health who have similar stories. They all spent thousands of dollars and weeks of their time to travel here to us to be trained. I doubt that more than one or two of all those 500 who traveled from around the world from 72 countries did so with the idea of making money. They came to learn MMS for the purpose of helping people overcome their suffering and to help bring peace to a continuously war torn world. They are not Doctors charging thousands of dollars for their services. They heal people for free hoping that they will receive enough to make a living. We of the Church all do that. Our purpose is to server mankind.

Does that sound to you like we are a group who is out to sell unproven beliefs just because we like them? We don't have any anti-alkaline products or anti-vegetarian products to sell. We strive only to bring you facts. That's what we want to do in this Newsletter and all other Newsletters, because we believe that the facts are what the world needs. The Genesis 2 Church exists and was formed to serve mankind. No other reason. We do not have a favorite belief to expound, or favorite nutritional theory. We just want to give you the necessary data to live a healthy life. Probably no other organization or person has ever helped as many thousands of people with what is considered incurable diseases as our Church. Our agenda is to help you stay well or to get well. There are many

good health theories, but the medical people have muddied the water so much in the health field that it is extremely difficult to tell facts from fiction.

I hope you understand that a Church is a group of people with a common goal or common agenda to do something. The common agenda <u>does not have to be a religion</u> in order to have a church.

No other church for tens of thousands of years has been formed to serve mankind **ONLY, without religion being involved** as far as our research can determine and we are also nonprofit. All other churches were formed to serve and/or worship God. We have no disagreement with that; it is just that our church was only formed to serve man. All members are invited to worship at any other church of their choice. No corporation or association has had the simple agenda to **restore health to the world**, serve mankind and bring peace to Earth. Corporations, of course, are formed for the purpose of making money. Their stated purpose is often wonderful things but the bottom line is always profit and loss. The profit goes to the stockholders and if there is no profit, they quit. The point being, we only seek to serve mankind and not to promote our favorite theories.

Now I said all this because there are those who accuse us of somehow telling lies when we talk about acid-alkaline theory or vegetarianism, or even MMS. So I hope you understand we are only trying to get the real facts to you.

The Pharmaceutical industry and those that work for them, the medical people, have an agenda. They have to make billions this year and every year and most of the medical doctors have houses and boats and beautiful cars to support. So they have muddied the water concerning health in many areas and created sickness and death. Acidity and Alkalinity is one of their areas of deception. Anything they can do to help people be sick, without being caught, is what the pharmaceuticals push and not all doctors, but many of them do too. But in each area that they use against man, the truth is evident and easy to find, but the 'Big Pharma" and the medical people push the lies knowing that the vast majority of mankind will never question their lies. Although everyone knows doctors are just men, still they are revered and believed almost as if they are gods. Our Church wants to bring the facts to mankind, so the question is, "will you believe them or will you take some time to check out what we say?"

You may remember a few months ago when Kim Tinkham was interview by Oprah on the Oprah Winfrey's television show. Kim became famous after being questioned by Oprah concerning the Secrets movie mainly because Kim stated that the Secrets movie had encouraged her to go follow the teachings of Robert O.Young who continues to push the alkaline theory. Well it is very sad to report that Kim Tinkham has died of that breast cancer that she was trying to handle with the alkaline health

theory. Because of all those who email and call me, I have known of others who died while on the alkaline health theory. (3)

Now, Mark and I want to talk to you about Acidity vs. Alkalinity. Don't believe us. We don't want you too. Check out what we say. The data is on the internet and we reference most of what we say and you can find references to most anything we say. Be careful that you don't go to sites that promote the Acidity-Alkaline without showing you actual references of their theory. Use Google and enter anything you want to look up.

We get some people criticizing us over observations that we notice in dealing with "restoring health" whether it be vegetarianism versus a well balanced diet including meat to help the body rebuild the immune system and cells to regain health or homeopathic methods being too weak to kill pathogens or not work at all, i.e. purifying water. Remember we are seeing many people "restored to health" and their immune systems being super charged but we see the contrary with vegetarianism or with homeopathic methods. We are just looking for **facts** and not trying to defend any certain dietary way of life like the vegetarians seem to do so often!! There is a lot of debate among the alternate health community in regard to regulating the ph of the body, i.e. to make it alkaline or acidic. We are not trying to prove anything but to make certain observations about how the body eliminates pathogens through **Oxidation** not ph. The only time the body is completely alkaline is when it is dead! **NO OXYGEN** because the respiratory system has stopped i.e. no breathing taking place.

<u>The body maintains proper pH in the blood by breathing,(Oxidation),</u> out either more or less CO_2, depending on whether the blood is too acidic or too alkaline. Basically, when your blood is too acidic, you're breathing increases to release more CO_2.Think about when you exercise breathing increases due to increased acidity in the blood from the cells doing their thing as much or more than the need for oxygen. The body produces hydrochloric **Acid,** Hypochlorus **Acid,** Uric **Acid. <u>These are not alkaline!</u>**

People around the world are told that if they raise the ph in their body to be more alkaline then diseases will not exist in their bodies, esp. cancers.

Cancer is caused when the mitochondria or (frequency generator) of the cell is turned off for whatever reason. The cells start to ferment and no longer feeds correctly, hence it becomes cancerous. **MMS or CDS turns the mitochondria back on!!** The cell now decides to fix the cell or if it is too far gone or unrepairable itself destructs! This is how cancer is killed by MMS or CDS. So alkalizing the body just won't do it! You need an oxidizer! We've also found that with addition DMSO, the MMS

or CDS is allowed to penetrate the cells easier. We are having great success with cancer at the Genesis II Church Restoration Center using both together, but added separable. Most vegetables are antioxidants. We are also finding that is we raise the ph of the chlorine dioxide either in the form of MMS Classic or CDS it weakens it quickly especially when we get closer to 7.0 ph, <u>**so oxidation is being killed the more the body is alkalized!**</u> You see that!!

A favorable environment needs to be created in the body for oxidation to work at its optimum performance. The best ph seems to be a ph of 5.5 to 6.5. **That is slightly acidic!** Only the digestive system can have ph as low as 1.5 to 6.5, nothing else. That is a good ph level for MMS and CDS, but not for the body. There are doctors and alternate health professionals using Vitamin C, again an **acid**, injections in the blood that say they are having great success. They are injecting an acid, Vitamin C, directly into the blood with a 7.35-7.45 ph. So the body brings up the ph of the Vitamin C. So, maybe what is happening for a temporary time period is that the ph drops in the blood and oxidation takes place before the ph is brought back up in the blood or it will kill you! All that is happening because it is allowing the body's immune system to oxidize better. Vitamin C is an Anti-Oxidant so it stops oxidation!

The body works hard to maintain a normal blood pH between 7.35 and 7.45, a fairly tight range. And pretty much nothing you do, at least in terms of food, is going to change that. So you can't really "acidify" or "alkalize" your body. Your body requires a rather tight pH in the blood (and equally tight, though different pH in other systems) in order for your bodily functions to proceed as normal. If you were to "acidify" or "alkalize" your blood, you'd quickly run into some serious issues, regardless of which way you took it. Basically, the foods you eat are digested and broken down into their components. These metabolites exhibit an acid, base, or neutral pH to the body. When you add them all up, you get the net-acid or net-base load of the overall diet. And then the body has to deal with this acidity or alkalinity to make sure the body stays at the proper pH in all of its various systems, particularly the blood.

The body's own immune system kills pathogens with oxidation by using Hypochlorous **acid**! This is how it works:

When a wound breaks human skin, it creates a gateway for harmful pathogens to invade human cells. When pathogens invade a human cell, neutrophils travel to the infection site to destroy the invading pathogen. The first step in this process is engulfing the pathogen. Once the neutrophil has completely surrounded the pathogen, it produces an <u>oxidant,</u> Hypochlorous acid. Hypochlorous acid is a selective biocide, meaning it kills organic material, but not all. Once produced by the neutrophil, it kills the bacteria almost instantly.

So again we see an acid being used to create an oxidant that kills pathogens!!! This is how the body works plain and simple. What about the **acid** in the stomach? Hydrochloric **Acid** produced by the body and breaks down the food and kills pathogens and it also creates an acidic environment for oxidation to freely work.

How about the acid in the bladder? **Uric Acid**. Again an **acid**! People drink their own urine, **an acid**, and it doesn't kill them. I'm not sure whether I want to do that!

How about the acid in the mouth? Salivary **acid!**

Why alkaline your urine or saliva when these are natural **acids?** It supposed to be that way!! There is a lot of money being made and it seems to be not only useless for your health, but maybe detrimental!

There are probably 100 sites that tell us that the blood must be maintained at a pH (see next paragraph for explanation of pH) of between 7.35 and 7.45. That is a well-known fact. Nobody or no site disputes this because there is too much science behind that data. There are probably that many sites that will also talk about how the blood must be maintained at an acid-alkaline balance and that it is important that you eat to maintain that balance.

This is where they show that they do not know what they are talking about.

There is no acid-alkaline balance of the blood. (Ph is the measurement of acidity- alkalinity of liquids. The neutral point of pH is 7. Below 7 is acidic and above 7 is alkaline.) Again, look it up, just put “pH” in the search engine (Google or others). **[1]** The blood is not maintained at an acid-alkaline balanced condition but rather at the alkaline figure of 7.4 and it can change only .05 pH up or down; that’s less than 1%. And it stays that way no matter what you eat. **[4]** You cannot change it by eating anything, except maybe some kind of poison, but in that case you would be dead. And if you did create an acid-alkaline balance in the blood you would be dead in minutes. An acid-alkaline balance is where the blood would have acidity balanced against alkalinity. In other words the blood would have to be maintained at exactly 7. As that is the only point where there is acidity on one side and alkalinity on the other side giving you and acid-alkaline balance. But again, if the blood were reduced to pH 7 it would kill you or make you awful sick. **[5][2]**

You see, the blood is still alkaline on both sides of pH 7.4. For example, 7.2 which is below 7.4 is still an alkaline pH number. And so would the number 7.1 also be alkaline. Likewise would 7.5 which is above 7.4 would also be alkaline. So the blood is maintained at an exact slightly alkaline pH of 7.4 and there is no acid here that would create an acid-alkaline balance. It is not balanced against acidity at all. [Again just put blood pH into any search engine]

Hypochlorous acid, that acid that the body creates to kill diseases, is ineffective at anything higher than pH of 8, but that is rather a moot point as the body never gets to a pH of 8. However Hypochlorous acid still works at the alkaline level of the blood, which is pH 7.4, and it works on all the lower pH levels of the body. Actually, Hypochlorous acid works best at the lower pH levels below 7. **[6]** MMS works from the alkaline pH level of 8 and down to the lowest acid pH level in the body.

Remember acids and alkalinity are opposites and they destroy one another. <u>But tell me what thing in the body would you would change to an alkaline pH or make it more alkaline?</u> Remember everything below 7 is acidic. The saliva is normally acidic but it can be changed by what you eat to alkaline for a few minutes, the stomach is 4 to 6.5 pH, the lower stomach is 1.5 to 4 pH, the small intestines are 4 to 6 pH except when you eat something and when the food enters the small intestines the pancreas releases an enzyme that changes the food to alkaline (above 7). So that always happens but by the time the waste gets to the large intestines (the colon) it is again acidic. The small intestines are again acidic as soon as the food passes through. **[7]**

So, all of these would quit working if you forced them to be alkaline including the small intestines. So what are we going to make alkaline. In the alkaline theory if you have cancer you can kill it with alkali. But you can't change the blood so how are you going to get the alkaline stuff to the cancer. You can drink alkaline water and stuff baking soda down until your digestive system quits working, but you still won't change the pH of the blood. So you see? The logic just isn't there. The blood, the skin, the body tissues and every organ is fixed at a certain pH and you just can't change them by eating differently, and if you could change them, you just might kill yourself. Nature made the body that way, the pH of each organ is what it is supposed to be to do its job and the automatic system of the body maintains it that way. **[8,9]**

You could use intervenes (IV) injection to have your veins carry the baking soda (alkalinity) to the cancer if you so desired, but the baking soda doesn't make your blood alkaline. The baking soda doesn't penetrate the red blood cells or the white blood cells. But we have heard where the cancer was injected with baking soda and it help overcome the cancer. We wouldn't say don't try. But when putting it into the veins be sure you know exactly what you are doing because you can kill someone by using baking soda in the veins. It causes bubbles in the blood that can kill you. The millions of little bubbles that baking soda creates to cause the cake to rise, can also cause problems with the blood.

The pH of the skin and tissues is about the same as blood, and why wouldn't they be, they are serviced by the blood. The organs of the body maintain a pH of about the same as blood or very close to blood. Everything is either alkaline, the same as the blood, but not more than 1% different than the blood and the body maintains it that way, except of course the digestive system which is mostly acidic. It must remain acidic as it will not work otherwise. The fact is all of the body except the digestive system is slightly alkaline already, and it cannot be changed. **[8,9]**

So you can eat vegetables, eat meat, drink Coke, smoke a cigarette, and have an ice cream Sunday and you will not change the pH of the blood one iota nor anything else in the body except the urine. Your body must work using different things to maintain this slightly alkaline blood condition and that can change the pH of your urine, and the amount of carbon dioxide that you breathe out. The change in urine indicates that the body is off loading things that might be too alkaline for the body. The same is true when you breathe out more carbon dioxide. And you can change the pH of your saliva by what you eat. So no one has proven that changing the pH of the saliva will affect blood or any other condition in the body, in fact it has proven the opposite. So when you change the urine to alkaline that means only that by eating alkaline items you have eaten so much that the body can no longer handle the alkalinity that you are eating and it must off load some alkaline material.

I AM NOT SAYING IT IS OK TO EAT UNHEALTHY THINGS, I AM JUST SAYING THAT THOSE THINGS DO NOT CHANGE THE ALKALINITY OR ACIDITY OF THE BLOOD.

The stomach is so powerfully acidic that it makes everything acid. It doesn't matter how many alkaline vegetables you eat your stomach is still going to dissolve and make them acidic. Then at the beginning of the small intestines the pancreas will release an enzyme that changes the acidic condition of all food to alkalinity. This same thing, the change to alkalinity, also happens to the acidic food as well. Nothing escapes the alkalinity conversion as all food must be slightly alkaline in order to be adsorbed by the body. This is required in order to be carried into the blood because the blood is slightly alkaline. But the alkaline condition of the waste material is changed back to an acid condition by the time the waste reaches the colon (lower intestines). **[8,9]**

Oxygen is breathed in every minute of every day our entire lives and that oxygen keeps us alive through oxidation. It is what generates the warmth of our body and kills many of the pathogens that seek to kill us. It destroys the poisons generated by various body functions, and kills some of the heavy metals that prevent the proper function of our bodies. But, of course, oxygen isn't the only thing that kills harmful things. The acid in our stomach, the digestive hydrochloric acid, kills by far more harmful bacteria and pathogens than any other thing in our bodies. All that we eat and drink goes through our stomach and thus are treated by the hydrochloric acid there. And again, nothing we eat can change the acid condition in our stomach.

Then we would not live long without hypochlorous acid, (Note, this is different than hydrochloric acid), it is an acid that our body generates to kill those diseases and harmful pathogens that slip through into various parts of our body. We could not live very long without this acid. But hypochlorous acid is ineffective at a pH of more than pH 8. So you see (even though it isn't possible) we cannot afford to take the body to a very highly alkaline condition because the acid that

continuously kills those diseases that would otherwise kill us becomes inactive at an alkaline condition.

Andreas in Spain and we here on this side of the ocean have proven that when you bring the pH of a MMS or CDS solution up towards 7 you begin to weaken the oxidation qualities quickly. So we never bring the pH up to 7, or higher until it goes into the body and then it will be subjected to the 7.4 pH of the blood and body. At that time it is effective against all pathogens that might be in the blood and tissues and digestive system for about 1.5 hours. As given above, hypochlorous acid is effective as high as the pH in the body goes. So you see both Hypochlorous acid and MMS work at the low pH of the digestive system, and they are also effective against the entire rest of the body. This is only because the all of the organs such as the heart and liver, and other parts of the body never go above the 7.4 pH plus 1%. **[10]**

The pH of the body never goes over 7.45 plus 1% anywhere, ever, but there are places in the digestive system that does go down to 1.0 and even lower. Both the natural hydrochlorous acid and MMS will work over the entire range of the body pH from 1 to 7.45 plus the 1%.

Do you begin to see how crazy the acid-alkaline theory is? You cannot change the pH of the body by eating special foods or vegetables or meat. This is just the way nature made the body to prevent foods from changing the body's pH level. You can change the urine as the body changes the urine to keep the blood at the correct pH level. Hundreds of sites tell you the blood must maintain an acid-alkaline balance, something that would actually kill you. It's is only because there are thousands of people that believe anything that the medical doctors write that we wind up with really wrong data. People believe them and then use their data to write books and make up web sites.

Hundreds of sites say that you must alkalize. They are wrong, but be careful, because the fact that the blood does not change does not mean you will stay healthy eating an unhealthy diet. Just because the blood pH does not change does not keep you healthy when eating the wrong things. You need to eat a proper diet. Once again someone is taking an unproven idea that is simple and trying to sell it to the world. It would be nice if all you had to do to remain healthy was eat an alkaline diet. Once again the medical people can make millions treating people who get sick on this diet.

Now here is something you can check. I can't give you the reference for it because there is no reference. And that is you can check to see if there ever has been a clinical trial of any kind checking the workability for the acid-alkaline theory. In the more than 30 years that this theory has been pushed by alternate medicine teachers there never has been a clinical trial, much less a trial showing that it works. Spend some time, use a good search engine, no trials exist.

Do you understand why there has never been a clinical trial concerning the acid-alkaline theory? The theory has been around for about 40 years and still no clinical trials. As I said above the alkaline or

acid condition of the body cannot be changed without killing the body. There is no way to do a test. Eat all the alkaline stuff you want, nothing but the urine is going to change and the saliva can only change for a short while. But you definitely will be able to change the urine to alkaline by eating a lot of alkaline stuff. That only proves that the body must off load some alkaline stuff to keep from having too great an excess of alkalinity.

Now about the idea that pathogens cannot live in alkaline environments: I am sure you understand that the theory that disease causing microbes cannot live in an alkaline environment is the whole basis for the acid-alkaline theory. The scientific word "alkaliphile" refers to microbes that live at high alkaline environments. If you go to Google and put in the search line, "Alkaliphile microbes" you will get a result of more than 72,000 pages listed. Starting at the very top you can read about microbes that can live in alkaline environments. <u>But they cannot live in your body as they live at pH 9 and above,</u> and nothing in your body ever even reaches 8 much less 9. So they will never affect you as your entire body will always remain within 1% of 7.4 pH except for the urine. I just wanted you to know about them so you would know bacteria and microbes of all kinds do live in highly alkaline environments. **[11]**

The microbes that do exist in the alkaline environment of the body are called Neutrophile microbes (not the same as neutrophil white blood cells) and they can survive at a pH of 6 to 8. There are hundreds if not thousands of disease causing microbes that can live in alkaline environments such as the body. Remember though, the body never goes to pH 8, nor does it go down to 6, but this is not important as these microbes will remain alive and in good health at the body's 7.4 pH with no trouble. Thousands of disease causing microbes can live at most any pH from 6 to 8. Your body makes an ideal environment for <u>all</u> neutrophile (disease causing) microbes. I might mention a couple of these diseases. There is Leukemia and Lymphoma that are blood cancers. Both of these diseases exist just fine at the 7.4 pH of the blood. If you wanted to kill these diseases using pH you would have to raise the pH of the body well above 8 which cannot be done without killing you. The acidic-alkaline theory basic idea is that disease causing microbes cannot live at an alkaline condition,

but just the opposite is true for all Neutrophile microbes, <u>which is all disease causing microbes.</u> All these disease causing microbes can live at the alkaline pH of the body just fine.

You shouldn't need a reference concerning the fact that Leukemia and Lymphoma live at a pH of 7.4. They are blood cancers. They have to live at pH 7.4 as the blood is the only thing that is available to them, and they live just fine and kill or in some way destroy their host. **[12,13]**

Again, the body pH remains within less than 1% of 7.4 and all of the neutrophile microbes including disease causing microbes can survive OK at that pH. So your only <u>natural</u> hope is that the Hypochlorous acid created by the body will kill all of the disease causing microbes that have survived

to this point. But the body often doesn't have enough Hypochlorous acid, especially if the disease already has a foot hold.

Fortunately you can now use MMS1 or you can add some Hypochlorous acid with MMS2. Then if you follow the sacrament of hourly doses you will destroy these diseases, whatever they might be. Of course there are the various antibiotics that might be used, but diseases are rapidly developing resistance to antibiotics. So your answer would be to go to jimhumble.com, genesis2church.org or mmswiki.org and follow the hourly dose Sacrament that fits your disease which would be sacrament 1000 or 2000 to start along with adding sacrament 2000 plus and 3000, and DMSO. There are also a host of other miner sacraments that can be added as needed.

Emotional responses: Many places on the Internet where acid-alkaline is explained with reasonable scientific data and references there will be answers with much emotion. The same is true about vegetablism and most religions. It seems that these subjects are going to be believed by those who are determined to believe them. We have attempted to bring you the facts along with references that you can check, but it looks like you are going to have to determine what you are going to believe, but hopefully you will look for the facts.

MMS has spread across the world to more than 100 countries in only about 7 years. More than 500 people from around the world have traveled thousands of miles to learn and become ministers of MMS. Most areas where MMS is used there is no argument about if it works or not. The reason is because there are a lot of well people around that wouldn't otherwise be around. The acid-alkaline theory has been around for more than 40 years and if it really worked there wouldn't be dead believers like Kim Tinkham who followed the acidic-alkaline theory of Robert O.Young, as I mentioned earlier in this article. In fact, if the acidic-alkaline theory worked we really wouldn't need MMS. If you go to Young's web site you will see that he is extremely good at using dozens if not hundreds of great big medical terms, but that doesn't mean he is right, or that he knows what he is talking about. Young and many others claim that this theory explains all disease. If that is the case in 40 years it should have gotten to the public. Don't you think there would be more than 500 ministers of the acidic-alkaline theory treating people around the world by now? (14, 15,16)

Here are some of the pH levels of most of the body's functons:

The normal pH of blood running through arteries (large elastic-walled blood vessels that carry blood from the heart to other parts of the body) is 7.4; the pH of blood in the veins (vessels that transports blood to the heart) is about 7.35. Normal urine pH averages about 6.0. Saliva has a pH between 6.0 and 7.4. Once the blood becomes acidic, you will die. A drop from the normal blood

pH of 7.365 to 6.9 will cause one to go into a coma and then die. The blood pH has a very narrow range for health and vitality. The normal healthy blood pH is at 7.365. If the blood pH drops down to 7.2, you start feeling very sick and at 6.9 you are dead. So the body will do everything it can to maintain the alkaline integrity of the blood, at the expense of all other organs and organ systems

Gastric juice

- Different enzymes work at different pH eg. Pepsin in stomach which breaks down proteins works best at an acidic pH

- **Trypsin** in small intestine (secreted from pancreas) which also breaks down proteins works best at a more alkaline pH

- **Pepsinogen** is converted to pepsin, which digests proteins. Pepsinogen production is stimulated by the presence of gastrin in the blood (discussed below).

- **Hydrochloric acid** (HCl) converts pepsinogen to *pepsin* which breaks down proteins to peptides. HCl maintains a pH in the stomach of approximately 2.0.It also dissolves food and kills microorganisms.*Mucous* protects the stomach from HCl and pepsin.

- **The pH in the human digestive tract** varies greatly. The pH of saliva is usually between 6.5 - 7.5. After we chew and swallow food it then enters the fundic or upper portion of the stomach which has a pH between 4.0 - 6.5. This is where "predigestion" occurs while the lower portion of the stomach is secreting hydrochloric acid (HCI) and pepsin until it reaches a pH between 1.5 - 4.0. After the food mixes with these juices it then enters the duodenum (small intestine) where the pH changes to 7.0 - 8. This is where 90% of the absorption of nutrients is taken in by the body while the waste products are passed out through the colon (pH 4.0 - 7.0).

- **Saliva normally varies in pH balance** (alkalinity vs. acidity) between 6.2 to 7.4, with higher pH levels often seen during increased secretion of saliva, for instance, when smelling food cooking or when hungry and viewing pictures of food. Some on-line practitioners offer guides to diagnosing a wide range of physical and psychological ailments using self-administered pH test kits that they sell clients.

- **Moving on, the pH of the large intestine** varies between 5.5 and 7.0, which indicates a fairly neutral environment. This is different from that of the small intestine, which exhibits a pH of 8., enabling

absorption in mild alkaline environments; thus, water absorption in the large intestine occurs optimally around a neutral pH.

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- **Normal human semen** as having a volume of 2 ml or greater, pH of 7.2 to 8.0
- **Normal vaginal pH** is 3.8 to 4.5, slightly acidic.
- **The PH in the colon** varies between 5.5 and 7 (slightly acidic to neutral
- **Fetal Scalp Blood** Sample Analysis

Normal : pH: 7.25-7.35 (mean 7.33)
Amniotic fluid has an alkaline pH (7.1 to 7.3)

So, to some it all up:

The Human Body contains a circulatory system that is slightly alkaline, (7.35 – 7.45 pH), with a digestive and immune system that works in a slightly to strongly acidic. This is how it is and these are a facts! It doesn't matter how many people have written books stating how the body can be alkalized to bring health, the FACT is it can't!!!

References:

pH Explained and reaction of hypochlorous action according to pH of the solution jshep.users.ftech.net/ph.htm

The pH of Blood. On the internet go to Google or any search engine and put in for the search "The pH of Blood." You will get many answers but they will all be the same.

Kim Tinkham – See http://digitaljournal.com/article/301197 and many other sites on the web.

Blood, Sweat, and Buffers; http://www.chemistry.wustl.edu/~edudev/LabTutorials/Buffer/Buffer.html Acid-Base Equilibra Experiment by Rachel Casiday and Regina Frey Department of Chemistry, Washington University St. Louis, MO 63130

Blood – Wikipedia, the free encyclopedia. http://wikipedia.org/wiki/blood

http://www.hach.com/DisinfectionSeries02 hypochlorous acid is effective from 7.4 down to the lower acid leves that are found in the body.

http://curezone.com/forums/fm.asp?i=840037 Digestive System and pH Level This article is well documented giving 24 research papers showing pH level of the entire digestive system and it showes that the stomach is highly acid and the small upper intestines are alkaline.

http://faculty.stcc.edu/AandP/AP/AP2pages/Units18to20/blood/maintain1.htm Body uses CO2 to create bicarbonate in the blood maintain the pH.

http://en.wikipedia.org/wiki/PH pH of *body* fluids, and *organs* are tightly regulated in a process called acid-base homeostasis.

http://sciencebasedpharmacy.wordpress.com/2009/11/13/your-urine-is-not-a-window-to-your-body-ph-balancing-a-failed-hypothesis/ More data

http://www.ncbi.nlm.nih.gov/pubmed/16277975 Alkaline pH Homeostasis in Bacteria: New Insights

http://textbookofbacteriology.net/nutgro_4.html Please note that Neutrophiles are hard to find because the spelling only adds an “e” at the end the word neutrophil, but this is the link to one of many web sites explaining Neutrophiles as disease causing microbes.

http://www.ehow.com/info_8618232_types-microorganisms-optimum-ph.html another web site describing neutrophiles. Note: neutrophils are white blood cells. Note that the only difference in spelling is the “e” at the end of the word that indicates microorganisms.

http://nourishedmagazine.com.au/blog/articles/the-acid-alkaline-theory more acidic-alkaline theory

http://en.wikipedia.org/wiki/Alkaline_diet more acidic-alkaline theory

http://www.linkedin.com/groups/Acid-Alkaline-Theory-Disease-Is-4377725.S.117312952 more acidic-alkaline theory

Let's change the world together!! Archbishop Jim Humble

Archbishop Mark Grenon

56. Vegetarianism

Facts and Fallacies

We believe in nutritional freedom for all people. Which means, we believe that vegetarianism is totally your choice. It is your body and you are responsible for it and you must be able to determine what is best for it. In order to do that one needs to have the facts, as many of the facts as one can obtain. Therein lies the main problem. The people who are most often quoted as understanding the most about health have lied to us. There are dozens, if not hundreds, of books with lies in them concerning vegetarianism put there deliberately to mislead us. There are books written by seemingly health food conscious authors that have lied, and books written by medical doctors with many research papers and degrees from various Universities behind their names, and people trust them. Books written starting at about 1975 began to contain the lies. Remember lies are <u>deliberately</u> told to mislead.

Please don't believe me without verifying the facts. Check everything I say. All the real data is on the internet. You can just go to Google and put in the name of anything you want to check. I have also included sixty-nine references that you can check directly. Even then, when you have checked the references you still have to think and evaluate what is wrong and what is right.

So let's get a couple of the most important misleading conceptions out of the way so we can then talk about vegetarianism a bit. Most of the vegetarian books say that our digestive system is similar to that of vegetarian animals such as sheep, goats, cows, etc. Well this may surprise you a bit, but there is no such thing as vegetarian animals. There are some fruitarian animals, but sorry, no vegetarians. Sheep, goats, cows, and other plant eaters are not vegetarian. They eat grasses of various types. You can try to call grass a vegetable, but sorry, there are distinct and multiple differences from vegetables. The grass eaters can digest cellulose but <u>man cannot digest cellulose.</u> Man would die eating only what all those plant eaters eat. Where they feed cows corn (a vegetable), they get very poor results as far as those of us who are health advocates are concerned, and they get sick cows. [70]

Grass eaters do not eat vegetables in their natural habitat and also not the vegetables available in our present civilization. They eat grassy type plants. Did you ever see or hear of a cow eating potatoes, or papaya or any vegetables or fruit? When the vegetables are presented, they put up their nose and walk off. Of course they can be trained to eat them, so can a wolf be trained to eat vegetables, but he will be sick most of his life and the wolf, like man, <u>will die eating grass</u>. So the point is that there is no correlation between grass eaters such as cows, goats, sheep and man. They are grass eaters, not vegetarians, and thus there is nothing to indicate we should eat like them. We would die if we did. (So

believe it or not, it’s up to you. I have been around cows, horses, sheep, goats, all my life and the most I have ever seen is a few horses eating 1 or 2 apples a week, but nothing else. Scientifically speaking, grass eaters do not eat vegetables.)

Man would die eating the same diet that grassy plant eaters eat. I think you already know that what I am saying is the truth, but check it out. Man cannot digest cellulose which is the biggest part of the plant eaters’ diet.

Vegetarianism was just a small movement for hundreds of years and then, in about 1975, medical doctors began to write books about the wonderfulness vegetarianism, and the modern vegetarian movement began. Do you see? Modern medical science has given us pasteurization, vaccinations, eating less salt, fluoridation, chlorination, chemotherapy, radiation, surgery for cancer, HIV/AIDS, sun glasses, and a dozen other methods of killing us slowly. Doctors began putting up their credentials showing great wonderful educations from the world’s greatest universities behind the vegetarian books and people began to believe them. But all such books are loaded with deliberate misconceptions.

The second deliberate misconception (which is the definition of a lie) written in almost every vegetarian book is that there is some sort of similarity between the nutritional system of plant eaters and man.

There are no similarities. Read below for a comparison of just a few points, there are many other points and none of them show similarities between grass eaters and man.

COMPARISON CHART FOR MAN, WOLF, AND PLANT EATERS

THE COMPARISON POINTS for 24 hour action	MAN	WOLF	PLANT EATER
How they chew the food	Up and down motion	Up and down motion	Rotary grinding motion
Purpose of chewing	Crushing, tearing	Crushing, tearing	Grinding and pulverizing
Size of stomach	2 quart (2 liter)	2 quart (2 liter)	**8 gallons**

Stomach emptying time	3 hours	3 hours	**Stomach Never empties**
Daily GI track resting time	Approx. 15 hrs	Approx. 15 hrs.	Never rests
Number of stomachs required to adjust the food before the intestinal tract	Requires one stomach but has Upper and lower	Requires one stomach	Requires 4 stomachs to adjust food
Stomach bacteria required for digestion	Not present, killed by stomach acid	Not present, killed by stomach acid	**Bacteria is needed for digestion**
Protozoa required for digestion is an animal-like microorganism	Not present in stomach	Not present in stomach	**Protozoa is required for digestion of cellulose**
Acid required in the stomach	Strong Hydrochloric acid is used	Strong Hydrochloric acid is used	Very weak acid in stomach. Saliva is alkaline
Length of the entire digestive tract	5 times longer than the body	7 times longer than the body	27 times body length for a sheep and similar for other grass eaters
The cecum connects to the small intestines through a valve and to the large intestines at the other end, the size of which varies in species	Very small in man as man does not digest cellulose	Very small in a wolf (same as man)	Very large in grass eaters needed to digest cellulose
Digestive efficiency	90to 99% of the nutrients eaten are retained by the body.	90 to 99% of the nutrients eaten are retained by the body.	50% and more of the food eaten is discharged without use
Eating habits – frequency	Intermittent 1 to 4 times a day	Intermittent 1 to 5 times a day	**Continuous**
Can exist without eating plant	possible	Never eats plant	Impossible

food food

There have been many books that claimed that grass eaters and man have similar digestive systems, but as you can see there are no similarities at all. There are hundreds of other differences. Please look up the data for yourself, but be sure to read about the animals where they are merely talking about the animal and not about a vegetarian diet. I don't need to list references. Just go to Google search and put in sheep digestive system, or instead of sheep, any other plant-eating animal. There will be thousands of listings of sheep digestive systems and none will tell you that the sheep is similar to man. (Don't be afraid. Once you have checked the facts you can still believe anything you want, but take this one chance to get the facts.)

Evolution is about our planet, not just man. Now, let me point out an important and interesting thing about this planet. You've heard of it. We have a natural ecosystem throughout earth. Earth is one great big system of plants, animals, people, weather, and a thousand other things. Do you possibly think that things just grew together all at once? The answer is NO. All these things evolved together but the evolution had to be an intelligent evolution. All life here is dependent upon other life here. Nothing exists unto itself. How could a happenstance evolution, for example, create or evolve mother's love, or romantic love, or even compassion? This is not an argument for or against GOD. This is only to point out some obviously natural things that exist.

In order to produce life, this planet had to have a moon but the existence of a moon makes the possibility of chance thousands of times less likely. The main thing I want to show is that this planetary system had to be designed by someone. Man might have evolved, and horses, and pigs and things, but making a whole planet evolve in such a way that it is an ecosystem designed somehow to support the top species of intelligent beings is rather far-fetched if there wasn't some kind of control from the beginning.

The natural tendency of things is to deteriorate. People get old and die. Automobiles get old and fall apart. Man's brutality towards man has gotten worse and worse over the centuries and now we kill more men than ever before. The natural tendency is to deteriorate, not to evolve towards better things. Things wear out. This is the natural order of all things. So there are two developing tendencies. One is towards deterioration, and the other is towards an upwards evolution. I'm sorry, but the upwards evolution necessary to design a whole planet simply could not happen by happenstance. There simply had to be some intelligence behind it. The odds against the happenstance of such a system would be infinite, which would then mean that it would never happen.

Again, this is not an argument for or against the existence of GOD. As I see it, whenever a planet shows up in the natural sequence of this universe, or at least this galaxy, with the proper conditions,

that there has been built into the fabric of space the intelligent record to evolve the entire planet for intelligent life. This information was created by the designers of this universe. The designers were, hold on to your hat, Life, all life. Life is not activated chemicals and minerals such as a live body. That is merely something that the instructions of evolution evolved so that life would have a fast-moving interesting body to occupy. Nothing lives unless it is occupied by life, which is something that cannot be defined without difficulty. (See the book *Secrets of Enlightenment* by Jim Humble) If life isn't there the organism dies (quits functioning) whatever it might be, a human body, a butterfly, a tree, a rat or whatever.

The evolutionists give us some sort of a tremendous number that is one chance in billions that human life would evolve. But can you see the tremendous odds that an ecosystem planet with thousands of plants, animals, insects, evolved where most things were designed to help one another and the intelligent species survive and even run the planet? That a whole system would happen is millions of times more complex than just evolving a single race of humans and a bunch of animals. So, true or not, this theory would indicate that without the intelligent evolution instructions built into the fabric of space, this planet could not happen. (Of course there are dozens of other possibilities but let's at least admit it had to be something other than happenstance. So you don't have to believe like me, but my belief is that intelligent life created this universe and that is us.)

So when we look at vegetarianism we look at a large number of nutrients that are not supplied for buoyant health. Here is a list of some of these nutrients that although supplied in vegetables, not enough are supplied for proper health. If you question these facts please read the references listed in brackets. Nutrients missing are B-12, Amino Acids – Creatine [51] [52], Taurine [44] [45] [46] [47] [48] [49] , Carnitine [36] [37] [38] [39] [40] [41] [42] [43] , Carnosine [30] [31] [32] , and B-complex vitamins (15 B vitamins), plus iron [24] [25] [26] [27] [28], zinc [12] [13] [15] [16] [17] [18] [19] [20] [21] [22] [23], DHA [3] [4] [5] [6] [7] [8], and Omega 3 fatty acid [1] [2] [11] [9] [10] (which is a total of 24 nutrients you don't get from a vegetarian diet and there are more). (Again, believing the thousands of hours of research that has gone into finding out about these deficiencies and nutritional causes is your prerogative; still some things are pretty much undisputed facts.)

Only humans are vegetarians. There are no animals of earth that are only vegetarians. Some animals are fruitarians.

(See paragraph number 3 of this article above.)

Just because grass eating animals can get enough nutrients from grass is no indication that humans can get enough nutrients from vegetables. Grass and vegetables are not the same thing. Sheep and humans are not the same thing and there is nothing to indicate that they should be eating the same thing. In

fact, sheep eat grass and human vegetarians eat vegetables. They are not the same thing. (I hope you recognize this data is simple facts, and really not disputable.)

But nature provided for this shortage in nutrients: You see, only human vegetarians actually miss these needed nutrients. The plant <u>eaters eat all day long</u> processing many times more food for each pound of body weight than humans do and as mentioned, plant eaters can digest cellulose. Humans do not. Then the plant eaters store these missing nutrients in their tissues. Mankind then is able to eat the plant eaters and thus obtain the needed nutrients. Nature provided meat-eating animals to keep the plant-eating herds in check and healthy. If we keep up the way we are going now, the bleeding hearts will be out shooting all the meat-eating animals to protect our herds, and we will all be sick vegetarians with lots of cow and goat pets.

Nature designed this planet from the information recorded in the fabric of space. It is the most amazing system that we can possibly conceive. If we screw it up by using it wrong we will not reap the benefits of nature. I have dealt with vegetarians for many years and for the first 25 years I designed and used a questionnaire about a person's body that showed his health index by showing how many nutritional deficiencies he has. Most people still do not understand what nutritional deficiencies are. Below are some examples of nutritional deficiencies most of which are surface indications of much deeper nutritional problems.

So check these nutritional deficiency symptoms items out: Do you have cold feet, do you use sunglasses, do you get dandruff, do you get pimples, do you occasionally get athletes feet, does cold or hot liquid hurt your teeth, does your tongue have a white coating, do you sleep well, do you have good digestion, do you get ear aches, do you have any kind of gum disease, do you have cataracts, do you get cramps, do you have joint pains, is your hair losing its luster, do you have ridges in your fingernails or toenails, do you get out of breath when walking up two flights of stairs, are you often constipated, do you notice heart palpitations, do you have dark circles under your eyes, are you overweight? And the questionnaire goes on for 160+ more questions. (Here again is belief, but I have reconstructed this same test and from all the vegetarians I know, if you are a vegetarian, I bet you can't pass it. This test will be available in the next month or two. Give it a try.)

Vegetarians seldom pass this test. This questionnaire was first passed out free to thousands of people on the streets of Los Angeles over a period of a few years. Then later it was sold. Then it was made into a computer program and many doctors, chiropractors, nutritionists, and health food stores used it for a few years from around the US starting back in the 1950's to the 70's. Ninety percent of the vegetarians who took the test showed a very poor health index, that was really sickness. Those that returned to normal eating were very successful in becoming healthier. The test helped thousands regain their health.

I found that most vegetarians believed that they were healthy, but were in fact not healthy, as showed by my 200 question test.

You can understand the mental dilemma of those who love animals. They send me emails saying don't eat animals. But what does that accomplish? It doesn't help a single animal; it often makes sick vegetarians. If a vegetarian was, instead, extremely alive, robust, and active, making things happen, he just might do something to help some animals that are tortured needlessly in the present system. But not eating meat isn't going to help a single animal or change the planet in any way. Maybe refraining from eating meat won't help an animal and maybe it will make you sick, but it certainly won't help the planet. <u>Doing nothing never does.</u>

Then the TRS-80 computer went out of use and so my questionnaire went out of use.

I became, first a technician in the aerospace industry and then a research engineer. I became a gold miner and even developed a technique to decrease waste radioactivity to zero and a cheap way to remove radioactivity from water. And finally in the jungle in 1997 at the age of 65, I discovered MMS, a chemical that kills more than 95% of all diseases including the so called incurable diseases. Amazingly enough, doctors had already discovered it years before. I didn't know but thousands of tests had already been conducted in several hospitals, but the chemical was still a secret. (Do you start to get a glimmer of the fact that doctors do not want you to be healthy?) So I wrote a book and told the world about it and it was named MMS.

There never was a time when I tried to benefit financially from MMS as my only drive was to help people overcome their suffering and their diseases and live a normal life. I found that people mainly listened to me because I didn't sell MMS. There were lots of critics all over the internet saying I was getting rich and when people found I wasn't getting rich, thousands became willing to try MMS. (But the fact is, at least three people did make a million dollars selling MMS and associated products, and dozens of other worldwide did make a living. I asked everyone to keep the price down, and it pretty much happened.)

My only purpose in writing this is to help vegetarians see what they are doing. If they are not interested that's OK, I am just telling vegetarians my facts hoping that they will consider that there might be some important information here for their life and health. The main contention of our Genesis 2 Church of Health and Healing is to "Always do what is right." I believe that what I do now to show people about health is what is right and what is needed. I just try to show the way because of my work and experience, but each person must take the responsibility for his own health by making the correct decisions.

I started working with my Nutritional Deficiency Test back in 1959. I talked to and helped with the nutritional problems of thousands of vegetarians over the years and I write this article on Vegetarian

Facts and Fallacies only to help. If you are a vegetarian true believer you won't care what I say as believers are already set and won't consider anything else. (So who knows, maybe I am wrong, but at least look at the facts. And of course there is no doubt that vegetarians can be healthy by supplementing the proper nutrients, but in my opinion it isn't easy.)

All those vegetarian books that say that man has things in common with plant-eating animals are wrong and that is a fact. If the authors had checked at all they would have found that fact. Point by point, the wolf and man have the same digestive system. A medical doctor can't even tell the difference unless he is trained in both systems. The scientific evidence is that men are meat eaters. There is absolutely no evidence anywhere that indicates man should eat vegetables exclusively. It is such an untruth that man's digestive system resembles a cow or any plant-eating animal that it is laughable. But even if there was some resemblance there are no truly vegetarian animals. One would think that they wouldn't make such ridiculously obvious untruths, but they know that there are enough people to buy their untruths that they will get many converts to the way they want people to think. Their theory for years has been, tell any untruth that you can hatch up to make another dime for the pharmaceutical industry but do it in such a way that the medical doctors look brilliant. (I already mentioned vaccinations and other things.)

> **According to planet history, mankind has been eating meat for the entire 2.5 million years of his history on this planet.**

You cannot deny that history. It is a simple fact recorded in the higher learning institutions, the colleges and universities of this world. The medical people would really like to change that history. Those who push vegetarianism continue to try to lead us to believe that man just recently began eating meat and that is the reason for all the new diseases. That too is a crock. The last 150 years are when we started eating junk foods, mankind has been eating meat all along. There is ample evidence that we have been eating meat all this while but we definitely have not been eating junk foods all along. But give us another 2.5 million years on junk foods and maybe we will be OK.

All of the basic reasons that are given for becoming a vegetarian are lies as I have explained above. Those people giving those lies were smart educated people. They didn't do it by mistake. They want you to be sick and finally come to them for treatment. *The China Study* by T. Colin Campbell, PhD, is still selling on Amazon and it still sells well. See below.

What I have said already should be enough for most people to stop and think about doing some more checking of vegetarianism and/or veganism. But you probably still really don't believe me about the pharmaceutical industry or medical doctors. And of course, there are some medical doctors who really try to help, but if after 5 years they are still handing out drugs, they aren't trying very hard.

> **So I want to tell you a little more about how the biggest part of vegetarianism got started by lies.**

The purpose of giving the following evidence is not because I feel that one should need further evidence. The present reasons given for following a vegetarian diet are false. (Well, that's my opinion

after looking at the recorded data.) The reason for the following evidence is simply to show how highly studied medical doctors are pushing vegetarianism by introducing lies. It is a hard thing to believe, that the medical people would do such things. It's a hard thing to believe that such evil exists in our world, but we must see it and confront it instead of ignoring it and refusing to see it.

The China Study

There are two books and a book report that I would like to talk about below. **Book number one** was compiled mostly back in the 1970's and some in the 1980's. It reported on the eating habits and records of 6500 Chinese in 65 different counties of China. The name is *The China Study*. It was very thorough and exhaustive in so far as it just reported the study and the results. It has 890 pages and it just gives the facts as to what the Chinese eat and how that relates to their health and their deaths.

Book number two is a 350 page book that was written By T. Colin Campbell, PhD, about the earlier larger book mentioned above. Campbell is highly accredited medical doctor with 300 research papers, and a professorship in Nutritional Biochemistry at Cornel University. He named his book the same name *The China Study***.** In writing his book Campbell didn't make any copies of any passages from the first book. He only told about the various studies described in the first book. That made it easy to lie by leaving out all the details. As Campbell's book, more than any other single book, is responsible for thousands of people becoming vegetarians and vegans, I'll point out the obvious points where he has told untruths by simply lying and/or leaving out the facts.

The book report being reported here was written by Denise Minger. It is called *The China Study: Fact or Fallacy* and it is a report on Campbell's *China Study* book. **And I am writing about Denise's report, but only after having checked her data.**

OK, now let's talk about the book of untruths that has more than any other book created vegetarians and vegans and created a movement which is obviously one more attempt to deliberately destroy the health of people and create more income for the pharmaceutical companies.

So, the original *China Study* is a book of 890 pages of detailed study of the eating habits of 65 different counties in China. The book by Campbell which has mostly created the world of health nuts concerning vegetarianism is a study of the 890 page book, as I already said. In one study in the original book, Dr. Morrison, one of the reporting doctors, describes a successful heart disease study where the participants consumed a <u>high protein diet</u> and had lowered heart disease. But Campbell chose to tell the world that this study showed the value of a <u>low protein</u> diet. The diet was described as a high protein diet by the doctor that conducted the test. But Campbell simply and unceremoniously told his own untruth concerning what Dr. Morrison did.

Campbell conducted a research test where he fed some rats a type of milk protein called casein. The indications were that this protein caused the rats to be more susceptible to a flatoxin-induced liver cancer. Continue tests did indeed indicate that this was true, so Campbell extrapolated that <u>all animal protein</u> is a deadly threat to humans. How can you get any more unscientific than that? But the world of vegetarian readers bought it without another thought. Numerous other experiments have shown

that rats fed with whey protein (an animal protein) had a great advantage over the casein-fed rats, and that whey protein guards against cancer, but Campbell chose to not mention this protein fact. Ref. [67], [65], [66], [64], [63], and [62]

Nowhere does Campbell call for further research into the promising cancer-fighting benefits of whey in humans. Nowhere in *The China Study* does Campbell discuss the potent anti-cancer effects of whey in rats. He discusses the cancer-causing effects of casein, but totally leaves out the potent advantage of whey, which is also a milk protein. Whey protein concentrates and isolates are now widely available in health food stores and supermarkets. But I guess that would conflict with his rabid venting against animal protein.

The Campbell *China Study* does not contain any actual data gathered from the original 890 page *China Study* so readers have no way of knowing if the things that Campbell is claiming are true or not. When Campbell claims that the *China Study* found a consistent relationship between animal foods and various diseases he gives no references that are in the 890 page book he is reporting on.

The reporting of 6500 Chinese people's eating habits showed that in all age groups 0-64 those who regularly consumed eggs had a 43% lower death rate from cancer than those who did not consume eggs. Campbell never mentions this.

The eating of rice showed a 58% lower death rate due to Coronary Heart Disease (CHD) than those who didn't eat rice. And wheat flour showed a death rate due to CHD that was 67% greater than those who didn't eat wheat flour. A similar result was observed for death by stroke. Rice decreased the death rate and wheat flour more than increased the death rate over the improvement given by rice. Although Campbell encourages the consumption of rice, nowhere does he discourage the consumption of wheat flour, or even mention the problems found concerning wheat. Another clue as to the idea that "they" don't want you healthy.

The entire original 890 page book shows no increase in death rates due to the consumption of animal proteins. However there are no reports given there that show the real need of the human body for protein. In the *China Study* animal protein was eaten in quite small quantities as few in China eat the larger amounts of protein. When they do eat animal protein it is less than half of what Americans eat and what Americans eat is less than half of what is really needed.

The balance of Campbell's book is a sales brochure for vegetarian and veganism. Again, although Campbell's*The China Study* is supposed to be about the original book by the same name, there are no quotes from the original book.

If you want to prove that vegetarianism is great and will make you healthy, then by all means read *The China Study* by Campbell. It will definitely prove it to you. But if you really want the proof, you have several choices. Read several of the book reports given here by real health food experts and many others and then you will begin to get some truth on the matter. The other choice would be to search out the original 890 page book called *The China Study* which was finished in 1980. It just gives the plain details of the actual study of 6500 people in China but suggests no conclusions about health or foods. It just gives the reports of what happened in the study.

The references given below were furnished by Anthony Colpo and taken from several of his books. I have furnished some of his observations and some of my own, but of course, only in the *China Study* portion of this report. The rest of this report is data taken from many sources, but mostly what the reader has already heard about. Let me suggest two books by Anthony Colpo: TheGreatCholesterolcon.com and TheFatLossBible.net can save your life because they tell the truth about fat and cholesterol and the medical people do not and thus one can lose their life listening to medical people as many people already have.

The China Study: Fact or Fallacy? By Denise Minger (This is Denise's report on the book written by Campbell.)

This is what I learned from what Denise's report said on *The China Study* by Campbell. She simply shows where Campbell lied by deceit, by leaving facts out and by flat out lies.

Campbell Claim #1: That cholesterol in the blood has a tendency to increase cancer mortality (death) rates. He then says cholesterol in the blood tends to be increased with animal protein in intake, and decreased with plant protein intake. This would make you think that plant protein intake decreases death rate. It seems simple. Less cholesterol should mean lower mortality rate.

Well, it isn't quite that simple. The plant protein is not the same protein as meat protein. We learn in this same report that plant protein has a quality that tends to create two other conditions, one is hepatitis B infection and two is schistosomiasis infection. These two infections raise the overall risk of death by cancer when taking plant protein. So eating plant protein does not decrease your risk of death from cancer. It, in fact, can increase your risk. Campbell's report conveniently forgets this fact. (I'm just reporting what the books say, but telling the truth instead. Trust me. Just kidding.) Ref. [69]

Campbell Claim #2: Dietary fat which is associated with animal protein intake can cause increased risk of breast cancer.

However in this case Campbell refuses to mention that blood glucose levels that are higher than normal have more than twice the increased cancer risk as animal protein, and likewise does wine intake, alcohol intake, and even yearly fruit consumption, all of which can create more risk of death from breast cancer than animal protein intake. And there are a number of other factors that increase risk. The percentage of population working in industry increases the risk, as does, processed starch and sugar intake, corn intake, dairy intake, beer intake, and legume intake.

Do you see what this is actually saying? Yes, animal protein intake does increase the risk, to some extent, for breast cancer, but so what, so do all those other things. By not mentioning any of these other things he is making animal protein look worse than these other fruit/vegetable things, when in fact the animal protein is not worse at all. Are you seeing it? Campbell is lying by not saying anything, the easiest way to get away with a lie. Just leave things out. I'm sorry, I'm really tired of seeing Campbell's untruths being white washed because he is a doctor and because he is a doctor, no other doctor will say anything against him, but then why would they; they would and have written the same kind of stuff. Many thousands of people will suffer and maybe even die because Campbell has done this, and of course this is what the medical and pharmaceutical groups do. Ref. [69]

Remember though, this is just one study and it shows so many different things it is hard to really show that it truly proves anything. I am just showing what the study shows. And to show that it doesn't prove any of the lies of the Campbell claims.

Campbell Claim #3: Campbell claims that those already at risk for liver cancer (for example because of hepatitis B virus) by increasing their intake of animal foods and/or increasing the cholesterol in their blood will increase their risk of dying of cancer or other diseases.

Wow, that looks straight forward enough. If you are already at risk for liver cancer eating animal food is gonna get you.

But that isn't what the figures say.

After reading the report from 6500 people collated in the original 890 page *China Study* we find that total meat consumption correlated to a very slight reduction in cancer risk, but if you ate eggs, the more you ate would reduce your risk of cancer up to 29%, and dairy 19% and fish 11%. Other animal foods were neutral, but people with high blood cholesterol showed a large reduction in cancer risk. Somehow the risk of cancer death was dramatically reduced as much as 37% by the high blood cholesterol. **Many health advocates have been pointing this out for years, but the medical industry has simply ignored it.** High cholesterol is not necessarily a health risk.

So again the point is, in people who are already at risk for liver cancer the intake of animal protein does not make their risk worse. Instead there are a lot of non-animal components in the food that actually do increase their risk for cancer. As I said, the percentage of population working in industry increases the risk of death from cancer, as does, processed starch and sugar intake, corn intake, dairy intake, beer intake, legume intake, wine intake, alcohol intake, and even yearly fruit consumption can create more risk of death from breast cancer than animal protein intake. (So there is nothing here that proves or even indicates that Campbell's claim is true.)

Campbell Claim #4: Campbell claims that the report of 6500 people of China proved that an increase of green vegetables decreased the cardiovascular disease risk and that as the bad blood cholesterol increased, the risk of cardiovascular disease increased, and since the bad blood cholesterol is associated with intake of animal protein that proves that animal protein intake increases the risk of cardiovascular diseases.

On the surface this claim looks kind of all right. However adding three different components and then trying to extrapolate what are their effects takes a minute at least. We can't just jump on the idea that the results show animal protein bad. What they did in this part of the diet survey was: one, using a diet survey they measured how many grams of green vegetables each county averaged per day, and two also using a survey they measured how many times a year each citizen ate green vegetables.

The counties eating the most greens quantity-wise didn't have any less cardiovascular disease than average. Or to state it from the other side, the counties eating a good deal less greens still have the same protection from the cardiovascular disease. This tells us that it isn't likely that it is the greens that are making the difference. If the greens were the protection, when you change the number of greens you would change the protection which didn't happen. If one or two or ten people were tested

that would be one thing, but when you change the number of greens on thousands of people and don't get a change in disease protection it tells you that there are other factors involved.

But what happened was Campbell got a good reading on heart disease and thought he would state that the good reading was from green vegetables, but again his figures don't prove out.

Some of the variables of the southern region of China included high fish intake, low salt intake, high rice consumption and low consumption of other grains especially wheat, and high meat consumption. Nothing significant to speak of except there were no indications that the meat diet was a problem.

There are numerous other points where the same basic concept of misleading us is present in this book. It goes on and on all through the book. I think you have the general idea and can find the other points for yourself if you want. I will cover one or two more main points. Campbell just found a large multimillion dollar China study and then figured he could interpret it any way he wanted to prove his untruth.

But don't keep misleading yourself by thinking that Campbell is in some way trying to educate us. There is no other way to look at this book other than a bunch of misleading lies. One can make one or two or even three such mistakes in a 350 page book, but to make a hundred such mistakes, it simply has to be done deliberately. A high school kid couldn't make that many mistakes. As I said earlier, the best way to get a lie accepted is to tell a lot of truth and then throw in a small lie that no one is supposed to notice. That's true, except in this book, *The China Study*, the lies are too blatant for us to miss most of them, except the public, and of course the public believes doctors, no matter what they say.

The major things left out of Campbell's *The China Study*. Campbell doesn't mention the extremely high correlations that were found with wheat flour and many diseases. So let's look at the worst cancer-causing thing known, say cigarette tobacco and let's call that 100% cancer-causing. Then wheat flour would be 46% cancer-causing with most of the other known diseases even worse. After reading the *China Study* most people are not going to be eating wheat flour and rightly so, but that is only if they read the first 890 page China study. If they read Campbell's book they will be eating a lot of wheat. Ref. [69]

Another thing that Campbell leaves out completely is the Tucli people, documented in China, who eat twice as much animal protein as the average American including two pounds of casein-filled dairy per day – yet they don't exhibit higher rates of any disease that Campbell ascribes to animal food. Ref. [69]

Campbell points out that there is a relationship between colorectal cancer and cholesterol, but he does not mention that the study showed that sea vegetables are twice as likely to cause colorectal cancer.

Campbell fails to point out the plant protein intake correlates with a risk towards contacting most of the western diseases, such as cervical cancer, leukemia, colorectal cancer, heart diseases, diabetes, breast cancer, stomach cancer and others. And again it is tremendously obvious why he did it, to

mislead the public and up the income of the medical and pharmaceutical industry. His claims are based on three unproven ideas.

1. The casein-cancer mechanism behaves the same way in humans as in lab rats.

2. Casein promotes cancer not just when isolated, but also when occurring in its natural food form (which is totally untrue.)

3. There are no differences between casein and other types of animal protein.

But the fact is there is no evidence that any of these unproven ideas are remotely true. I should point out that there were dozens of other incidents of data left out. I am just pointing out these facts to you so that you have a general idea of what his book does. I don't have the time, nor do I feel that it is my job, to totally cover the book. Once the reader sees that there truly does exist a condition there that needs to be investigated, if he still feels that vegetarianism is important, then it would be his job to finish out learning the data. In my opinion, however, this amount of facts should be enough facts to tell most anyone that there is something definitely wrong here.

I don't know what else to say. Anytime the doctors decide to put yet another travesty on to the public, kill more people, make more money for the medical and pharmaceutical groups, they just go ahead and lie and say anything and the public buys it, hook , line, and sinker. But I will tell you this, people are waking up, and the days of the extreme evil of killing the public for the money in it are coming to a close, maybe not next week, but soon.

And of course, I say again, not all doctors are bad guys.

Campbell concludes finally in this book that all forms of animal protein have similar cancer-causing properties in humans, and thus we all should become vegans. There isn't the slightest bit of evidence that all forms of animal protein are cancer-causing and so far there is only one form of protein that might be cancer-causing, but so far only when it has been removed from milk and used separately. There is no other evidence offered so far. So the rest is up to you. (Again let me say that these are the facts I have observed and also some of it are my opinions reached after my observations.) So again, it is your life and I only try to offer the facts. You must decide and although I may not agree with you, I will fight with my life to make sure you always have that right to make your own decisions. Ref. [33]

However, now everyone has an alternative to searching the world for a way to avoid cancer, or eating only vegan or vegetarian. Now there are MMS1 (chlorine dioxide) and MMS2 (calcium hypochlorite which turns into hypochlorous acid in water) both of which kill 98% of all diseases known to man. MMS2 the human body has been using to kill diseases and other microorganisms for hundreds of thousands of years. If the body makes it and yet doesn't have enough of it, no doubt we need to supplement that particular mineral, but we have also found out that the body also needs MMS1 daily. So supplementing these two essential minerals in my opinion, from what we have experienced over the past 15 years, will help maintain health for the rest of a person's life. Our civilization creates hundreds of times more diseases than has been present throughout the rest of history. Our bodies need this supplementation to overcome the excess diseases. Of course, that assumes that one eats

reasonably well, and drinks properly and maintains exercise and all that. About exercise, a 20 minute walk 3 times a week is plenty.

Vegetarianism as a religion:

Well, I guess it's not exactly a religion, but pretty close. Thousands of people are vegetarians or vegans because they believe in it. There certainly aren't any clinical trials proving vegetarianism will make you healthier than just good nutrition. There isn't any logical science proving it. But there are a lot of people who object to killing animals and I understand that. The main thing that I object to is the inhuman way they have of killing animals even for food. It is stupid, illogical, and inhuman. Not really inhuman because humans do it all the time but it is inhumane. The fear that the animal feels causes it to release all kinds of adrenalin and other enzymes some of which have to be poisons, but no one seems to worry about that. So I would suggest better ways of killing animals for food.

That's not what the subject of this article is about, rather it's about vegetarianism. I just wanted to give you one more thing to think about. One of the major things that is wrong with this world and that is so many people believe that just because they believe something that what they believe is true. Of course no one would ever admit that, but in having associated in one way or another with vegetarians for nearly 60 years I have found that most of them are vegetarians because they believe in it. Just about none of them have ever found any real proof or reason for being a vegetarian. Most of them have many nutritional deficiencies that they do not recognize as deficiency symptoms. And some of them are even sick when they don't recognize that they are sick.

We all want a better world and that is what the Genesis 2 Church is all about. It is first and foremost our job to keep our bodies well and in good shape. That is a dozen times truer if you are going to work to make a better world. If we make it a better world then the animals will be treated much better in that better world. But if we don't, if we don't keep ourselves well and in top condition then we won't be able to help change the world or help the animals. Many people and animals are suffering now. If we stay in tip top shape we will be able to do a lot more than if we don't, and that means by not allowing a guilt-ridden feeling to keep us from not eating properly and staying healthy. It absolutely does not help the animals or anything else to refuse to eat healthy. So instead of standing on some kind of useless principle, do what it takes to be robustly healthy so that you can help change the world to something great.

Our Church says as one of our beliefs, "DO GOOD DEEDS." You don't have to be a member to do good deeds. Help people. Instead of watching TV tonight, take a bottle of MMS over to your neighbor's house and tell them you have come to tell them about an amazing product, just don't sell it to them under any conditions. That will keep you out of trouble. Help your neighbor paint his back fence. Drive your neighbor to the store if they don't have a car. Do things.

So having said all that, let me give you just one paragraph of nutritional data where I have looked up the clinical trials proving the data instead of some doctor running on and on. I will publish the data as time goes on but here are the basics: (A) You cannot gain weight by eating fats. Saturated fats are the good ones. Butter is probably the healthiest food known as it has many nutrients your body needs and is a high energy food. Do you see why the doctors have suggested you eat margarine which among many things causes heart disease? There are clinical trials showing that. (B) You may gain weight by eating protein, but not fat weight, only muscle and bone weight. (C) Only carbohydrates cause weight gain of fat, nothing else. (D) Take plenty of salt. If you take too much salt you will drink water to overcome the excess so long as you listen to your need for water, but also do not force more water than you need. You can lose weight that will stay off for good by eating a lot more meat and a lot less carbohydrates.

Atkins was not wrong. He just didn't defend himself when he should have. He was helping too many people and the medical people took him out. One man died from doing what was said to be Atkins' formula, but wasn't. But they used it to destroy him. Any other doctor using drugs has dozens if not hundreds of deaths to his name. Atkins had one death, and then not really.

Supplementing your diet with vitamins and minerals and other nutrients can be a good thing. Use MMS1 and MMS2 daily like vitamins as they both strengthen your immune system and we know for sure that, just like the vitamins and minerals, your body needs them, both of them. Keep in mind, there are 900 thousands deaths each year after someone has taken a medical drug. There is less than one death a year nationwide after someone has taken an herbal medicine.

So What?: I am so sorry to say that the medical doctors and the pharmaceuticals have gotten their power behind vegetarianism. They won't let up. They will push it and push it while all the time looking like they are not pushing it. Eventually it will get many people just like vaccinations, and chemotherapy, and all the other medical crap that destroys lives. Please study what I have pointed out and if you need more study, please do it. Vegetarianism is with us now and it will be around for a long time, just like vaccinations, even though there is absolutely no scientific truth in either thing. Like vaccinations it will cause much suffering and add billions of dollars to the medical and drug industry.

The good people are still standing by and allowing these things to happen. As Albert Einstein said, "bad things happen when good people stand by and do nothing." However, the good people are beginning to wake up. What is shown in this article is that none of the presently-given reasons for being a vegetarian are accurate, not even a little bit. You don't have to believe me. Just do the research of the literature. I have led you to it, now do the research. The only reason that has any truth is because one does not want to eat animals. But that is legitimate only if one wants to stick their head in the sand as there are really things one can do instead of doing nothing but not eating animals.

Archbishop Jim Humble,
Founder of the Genesis II Church of Health and Healing.

Archbishop Mark Grenon
Co-Founder of the Genesis II Church of Health and Healing.

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57. Letter of Religious Exemption from vaccinations and/or mandatory medications:

Letter of Religious Exemption from vaccinations and/or mandatory medications

November 29, 2016

To Whom It May Concern,

This is in regard to our member: ***Mark S. Grenon***

Santa Marta, Colombia

The Genesis II Church of Health and Healing is vehemently opposed to any toxin or poison being introduced into the body, “our temple”, by vaccine or any other means. The religious belief that our bodies are our personal temples that our spirits and souls live in, is based on the following Scripture:

II Corinthians 3:16-17 King James Version (KJV)

“Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?
If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are”.

The personal right and responsibility to maintain a healthy and clean temple is a fundamental belief of the Genesis II Church of Health and Healing.

The following toxins are found in many vaccines being administered to the public:

- **Thimerosol:** (Mercury) Highly poisonous to the human body

- **Squalene** – Adjuvant causing autoimmune response in the body
- **Formaldehyde --** a known cancer-causing agent
- **Aluminum** -- a neurotoxin that has been linked to Alzheimer’s disease
- **Triton X-100** -- a detergent
- **Phenol** (carbolic acid)
- **Ethylene glycol** (antifreeze)
- **SV-40 -** Cancer causing monkey virus
- **Various antibiotics: neomycin, streptomycin, gentamicin** -- which can cause allergic reactions in some people

We are not allowing these or any other toxin to be introduced into our temple without our personal consent period. Below is a more detailed description of what is prohibited into our temples. This is an example of our publicly declared religious right to ingest whatever we feel necessary to maintain our personal health and wellbeing.

Here is the reverse of the I.D. membership card of the Genesis II Church of Health and Healing:

This card signifies that this member of the Genesis II Church of Health & Healing has the God-given, unalienable rights to control and maintain their personal health. All members are exempt from any means not chosen, including but not limited to; vaccinations, medications, X-rays, scans, microchip implants, or health insurance mandated by any human government or authority.

Genesis II Church members have the God-given, unalienable right to choose products for their health, including but not limited to; food, plants, vitamins, minerals, herbs and all remedies in any quantities they consider useful or necessary for his/her personal health, the health of his/her family and to all that desire help with their health. All members have the right to freely acquire these products for the health of themselves, members of the Genesis II Church and for all that desire help with their health, and to maintain such products at their place of abode or wherever they deem necessary.

Note: The Genesis II Church will vigorously prosecute any and all persons who violate the religious rights of any/all members of our church. If any of this member's rights are violated, he or she will contact the Genesis II Church

membership@genesis2church.is - http://genesis2church.is

If any of the Genesis II Church members have their religious rights violated by any governmental or private organization, the Genesis II Church will vigorously announce each and every instance of abuse to the world. We are also building a worldwide support group of local Bishops, Health Ministers and Members to come to the aid of anyone of our members experiencing any abuse of our religious rights.

Sincerely,

Archbishop Mark S. Grenon